



NOV./DEC. 1998 NEWSLETTER

SVBC OFFICERS

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

BOB'S PLACE

Here I am, writing my first letter as the Vice President Acting as the President. Kind of makes you wonder, doesn't it? I reluctantly agreed to take the Vice President's position with the clearly stated caveat that I would do what I could to help. However, with a family and other commitments, there would be times when I was unavailable. So what does David Knicely do? Sure, leaves town and makes me the acting Pres. Now how in the world can I possibly do as much as David did? Or as much as Neups did when he was president? Heck, I can't even do as much as Neups does now. Talk about big shoes to fill! (I'm just waiting for a call from Mr. Starr saying he's expanding his investigation some more and I'm next on the impeachment agenda!)

Because the time commitments require me to be

other places, I have to squeeze my biking in where ever I can. I've taken to commuting from and to work once or twice a week. Yes, I said from and to work. I put the bike in the car and drive to work in the morning. Then I ride home that evening and ride to work the next morning. Because I live in Bridgewater, the commute to work only takes about 30 minutes. The ride home I can stretch out a little more and still get home in time to have dinner and check Sean's homework. The Wednesday Evening Ride group has been very understanding in that Marcia often takes us out by way of Bridgewater where I jump off. Then the rest of them/you head on back to Harrisonburg where it rains on you. I can't thank you enough. Makes the ride home very enjoyable.

Riding in a group is always better than riding alone. First of

all, you're more noticeable to motorists. Then there's the conversation. Did I mention being more noticed by the motorists?

Well, enough for now. Probably too much for now. I'll close with a little thought. Sometimes while riding I like to sing. One of my favorite songs is Spinning Wheels by BS&T (I think it's BS&T). Kind of reminds me to make my feet go around in circles. Especially going up hill. Pull up on the pedals and make your feet go around in smooth circles, like Eric. It also helps remind me that on the other side of the climb, is a downhill. Love them downhills! (What goes up, must come down, spinning wheels, got to go round.....)

If you see me on the road, don't forget to wave as you go by.

Bob

UPCOMING MEETINGS

- | | | |
|--------------------|---------------|--|
| November 9 | 7:00pm | Monthly meeting at the Valley Wellness Center . |
| December 14 | 7:00pm | Monthly meeting at the Valley Wellness Center . |

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)

OCTOBER MEETING MINUTES

Marcia, Bob, Alice, and myself enjoyed the last official pre-meeting ride of the year (at least the last one without lights). As the sun went down, the air quickly turned cooler and let us know that fall was upon us. With a few more turns of the pedals, we found ourselves safely back at our starting point and hungry from the exertion. Bob started the meeting and just as he was getting "warmed-up" (vocally, not thermally), the food arrived. We did not have much old

news to discuss and the new news included the Treasurer's report of \$2,277.79, an upcoming presentation by a club member about a bike trip in Europe, and the Club's trash pick-up along our designated section of highway. Check the calendar for these events as well as group rides scheduled for the fall season.

Eric

WELCOME NEW MEMBERS

Leslie & Riley Sebers

Broadway

WELCOME BACK RETURNING MEMBERS

Dave & Nancy Cary
 Dan Finseth & Betsy Hayes
 Marshall Hammond
 Bruce Johnson
 Bill McAnulty
 Zack Perdue
 Mahlon & Alice Webb

McGaheysville
 Mt. Crawford
 Bridgewater
 Keezletown
 Weyers Cave
 Harrisonburg
 Swoope

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	http://members.tripod.com/~Neups/SVBC.html			

DOWN THE ROAD

As I glimpsed out of the window in my office at 4:00pm on the first Friday in October, I noticed that the sun has started to sink much lower into the southwestern sky. That gave me the feeling that autumn was truly here upon me. Not more than two weeks ago, the sun appeared high in the sky at 4:00pm, urging me to come outside to play and ride my bike. Maybe that ol' sun became tired of us "working folks" saying, "just hold on another hour" one too many times and decided to go play with our southern hemisphere friends. Yet, no matter what our response would have been, the sun still would be heading south as the Earth begins to tilt a little more each and every passing day. Even though the sun sets earlier each day, I hope that you are still able to enjoy your evenings outside. I know that I have!

Now that the cycling season begins to draw to a close, how would you gauge your cycle season for 1998? Are you meeting (or have you met) the goals that you set for yourself? Personally, my cycling season is

bitter-sweet. Bitter, in the sense, that currently my total mileage is down compared to last year's level. Taking classes during the spring months, working in North Carolina during the summer months, and moving to Roanoke in September left me little time to regularly ride my bike. The sweet side is that even with limited cycling miles on my legs I still participated in the Club's 16th Annual Shenandoah Valley Century on September 13. I was tired, drafting off Eric back to the 'Burg, but I finished a metric century. I am still in the process of exploring the Roanoke area, but I hope to drag out my cycling season by entering into that off-road riding world of single-track and/or forest development roads. Keep a lookout for Marcia and Bill's ride schedules in the coming months because I know that they will be in the woods riding on the weekends.

Until next time, keep those pedals spinning.

Knically

NOVA SCOTIA GETAWAY

SVBC members Mahlon and Alice Webb recently packed up their bikes and took off for a two-week trip through the Finger Lakes region of New York, Maine, and, ultimately, Nova Scotia. The following journal offers a narrative slide show of their trip – perhaps motivating the reader to explore these parts of our world. Like all good slide shows, if you fall asleep before it's over, we'll understand.

Ride One – We stopped in Shamokin Dam, PA on our way to New York, staying at a 1950's style motel that has been refurbished with antique reproduction furniture by very nice owners. They recommended a 20-mile ride to get the kinks out after our time in the car. The ride started in heavy traffic and took a tour through a local mall's parking lot (by now we were questioning the sanity and knowledge of our hosts). However, we soon entered the country for a meandering ride along Penn's Creek. We did take a couple of detours to explore a bit, complete with some steep, but short climbs. We decided that folks in that area must really like living there based on how fast they were trying to get home! Dinner was at Penn's Landing, an old stone wayside/tavern cum German Restaurant overlooking the Susquehanna River.

Ride Two – For the past few years we have been attending the Vintage Grand Prix sports car races in Watkins Glen, NY. Quite a site as they have a reenactment through the streets of the village on Friday night, with races at the Watkins Glen International Raceway on Saturday and Sunday. And yes, they actually race these rare and beautiful machines – carefully, but with feeling. While we were there, we took off on the bikes for a 20-mile run up the West Side of Seneca Lake. After a steady climb out of the village, we were treated to a flat ride with wonderful views of the various vineyards, the

lake, and the surrounding countryside. We have ridden there before using the book 20 Bicycle Tours in the Finger Lakes by Mark Roth and Sally Walters that maps out some very nice rides. Although accommodations are a bit pricey, it's a great place to visit and bike, with roads and terrain very much like what we have here in the Shenandoah Valley, with the added bonus of the lakes.

Rides Three and Four – We stayed with friends in Newport, ME for a few days, feasting on all types of seafood, paddling a canoe, sailing on a two-masted schooner, and exploring various towns. Belfast, Bar Harbor, and Camden are all recommended. Of the two rides in Maine, our favorite was a late afternoon ride along the loop road in Arcadia National Park, which is near Bar Harbor. It's much like biking on the Blue Ridge Parkway, with some excellent views of Maine's rocky coast, which was especially nice on a clear, crisp day in the early fall sunlight. Overall, the roads in Maine are not conducive to road bikes – they obviously don't spend much on upkeep. Never did see a moose, either, but saw lots of waterfowl.

Rides Five and Six – Getting to Nova Scotia was interesting. We took the Cat (a 300 foot long catamaran capable of carrying 800 people and a couple hundred vehicles at 55 MPH), from Bar Harbor to Yarmouth, Nova Scotia. After getting a fairly thorough search going through customs (they seemed interested in whether or not we had any pepper spray on us), we drove to Wolfville for a four day stay at the Gingerbread House B and B (highly recommended). Our first ride was 50 miles along the dikes and sounds of the Wolfville area out to a provincial park and then up a rather steep climb (700 feet in a little over three miles, half of which was gravel) to a place called Lookoff. After a nice lunch at a roadside café we got to

make our descent to Canning. We were looking forward to really flying, but, of course, we encountered the worst hard-surfaced roads of the ride on that stretch, so we got lots of practice braking and dodging potholes. Found some excellent restaurants and pubs in the area, which was almost worth the trip in and of itself.

Our second ride took us over 25 miles into the Gasperau Valley, which is more inland. Roads up there are not marked very well, so we got lost and made an incredible climb which would have taken us into a section that has no paved roads at all. We did turn around and had an exciting, brake-cooking descent back into White Rock. After that we went towards Grand Pre and back to Wolfville, encountering some rather rude truck drivers hauling gypsum. One got so close to us that his draft actually blew the visor off of Alice's helmet. It was rather comical if you subtract the obvious danger.

Overall, Nova Scotia seems a very nice place to visit – especially when you figure that each US dollar is worth about \$1.50 in Canadian money. You can splurge and not worry too much about it. It is a long way from here though, and you can't count on the ferry schedule being accurate or reliable. Our reservations were changed going over and canceled coming back, which meant we had to drive around the Bay of Fundy, through New Brunswick, adding about 10 hours to an already long drive.

Perhaps the best part was getting back into the valley at sunset – confirming what we've known all along: it's great to get away and see all these interesting places and people, but we haven't seen anywhere to equal the beauty of the Shenandoah Valley. Somebody please pass the popcorn.

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: GT Pro Freestyle Tour, Cro-Mo frame, perfect condition, \$375 to start. Call 248-5810.

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

FOR RENT: Tricosports bike case/carrier. Good for transporting your bike on plane, train, or bus anywhere in the world. Contact Dick Wettstone at 434-9430 (work) or 433-4884 (home).

OCTOBER WEEKEND RIDES WITH THE SVBC

We would like to extend special thanks to both Rob Byrd and Alice Stecker for two wonderful days of fall cycling in the Shenandoah Valley. Rob Byrd lead a group of 13 cyclists for a tour from Churchville through the August County area to include much of Swoope, Virginia. For many of us, it was the first time exploring that part of Augusta County. Rob included in our tour the opening ceremony of a fox hunt at Green Mont Hunt Club. What timing! THANKS, ROB!!!

We have Alice Stecker to thank for leading ten cyclists on a delightful Sunday morning ride through the Dayton and Mt. Clinton communities. After the ride, Alice treated us to a delicious breakfast at her home. THANKS, ALICE!!! What a great way to start the day!! Our breakfast rides are really earning quite the reputation. Look for more breakfast rides in the future. -- Marcia

SCHEDULE OF EVENTS

November 7 **Trash pick-up. 9:30am. Meet at the Penn Laird Post Office. With a few people, it will only take about one hour. That's it! Call Neups if you need more information. Thanks!**

November. 21 **Pre-Thanksgiving Ride. 2pm. Here is your chance to burn some extra calories before the feasting begins. We will cycle on the Dirt roads of Rockingham County, so bring the mountain bike. Hope to cycle for 2 to 3 hours depending on the weather. Meet at 211 Sunrise Ave. in Harrisonburg. Pot luck party at the Taylor residence after the ride. Come for the ride, the food, or both, just call to confirm and for information. Call Bill at 433-7154.**



January 1 **Icicle Bike Ride. Noon. Bring in the New Year in a cycling kind of way with our annual New Years Day Ride. This will be an easy spin of one to two hours depending on the weather. We will stop midway for a hot chocolate break, if needed. Meet at Hillandale Park (first parking lot on the right). Call Bill at 433-7154 for more information and to confirm. Hope to see everyone out there.**

January 3 **First Sunday Winter Ride. Details in next newsletter.**
Helmets are required on all club rides.

NEW STUDY FINDS MORE ROADS CAUSE MORE TRAFFIC

A recent study published in Transportation Research A (Vol. 31, No. 3) finds that increasing roadway capacity generates more new traffic than previously thought. The authors, Mark Hansen and Yuanlin Huang, find that 60-90% of increased urban highway capacity is filled with trips that would not have otherwise occurred within five years of a project's completion. The study adds to a growing body of evidence that challenges how much widening and building new roads helps to mitigate traffic congestion.

The study's values are significantly higher than previous analyses, as it focuses on urban areas in the last twenty years rather than looking further back, when latent demand for travel was lower. The generated traffic also means more pollution, energy consumption, sprawl, and congestion in other areas. While there is pressure for planners to consider the effects of generated traffic, there is also considerable resistance, especially at the project level.

For more information on generated traffic contact Todd Litman at 250.360.1560, or via e-mail: litman@islandnet.com, or via the web at <http://www.islandnet.com/~litman>.

MAPS

Looking for a wintertime activity that involves bicycling? Well, do I have a project for you. I am currently in the process of creating maps of routes that I have done, and am looking for routes from others. But my routes are just small cheat sheets with road numbers; no real cue information as we have for the Century. Creating the cues is what I'd like done. A discussion on this topic will be had at the November monthly meeting. Bring you ideas with you and join in. Who knows? It might even be interesting to drive the routes to get a different perspective on them and the landscape.

Neups

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 NOVEMBER-DECEMBER/Jan-Feb

Chris Hamilton

Al Clague Family

Janell Hofmeister

Marquess Lewis

Blair Holl

John Maxfield

Mary Shaughnessy

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.



-ADVENTURE CYCLING