



MARCH 2000 NEWSLETTER

SVBC OFFICERS

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

DOWN THE ROAD

Maybe, just maybe, a few of you have wondered what happened to David (the Past President of your Club, and the person that left Bob holding the "Presidential" bag) and his *Down the Road* articles since the Club's century in mid-September. Well, I certainly had good intentions of writing an article every other month for the Club's newsletter. However, my life in Roanoke got a little busier than I expected during the last three months of the year.

A buddy of mine talked me into running a few 5K's with him, even though he is a runner and I am not. I was happy with my running times, but the runs were bittersweet – painful and fun. I should train if I am going to continue to run. Twice, I jumped on the AT for long backpacking trips. One trip was with Mike

Wenger for four days and the other was with my son Patrick (the soon to be Eagle Scout) for three days. Since this is a cycling newsletter/article, I should get to the cycling part.

From October to December, I increased my cycling/training routine. Before the time change in late October, I was cycling almost every day after work. Currently, I am riding in the evenings on a ten-mile loop around a few nearby neighborhoods. The big cycling "thing" in Roanoke right now is single-track riding at night in Explore Park. There was a full-page article in the Roanoke Times last week, detailing the fun that can be had if you seek adventure and excitement. I have not ventured into that game of fun yet, but may give it a try.

How did your cycling season end? Or, is it still going strong due to the unseasonable warm winter weather? I ended 1999 with 2,715 miles. I wanted 3,000 miles by the end of the year, but I did not plan my summer months that well. I will try to keep an eagle eye on my cumulative miles for the year 2000.

How many miles are you expecting to ride this year? Set your plans/goals now. Even make monthly goals to reach. That way you will be able to gauge your progress. I missed the Club's New Year's Day ride, but Bill Taylor told me that there were over 20 riders. WOW! Our Club is going strong, so join a ride or two.

Until next time, keep those pedals spinning.

Knically

UPCOMING MEETINGS

March 13 7:00pm

Monthly meeting at the RMH Wellness Center. Garth Kunkle will be the instructor for a "demo" Spinning Class. Come see for yourself what all the talk is about. To participate in the class, cycling shorts, as well as SPD/SPD compatible shoes or comfortable shoes for regular toe clips are recommended. Please join us. If you have any questions, please contact Marcia (289-6712).

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)

JANUARY MEETING MINUTES

Welcome to the new Millennium! Our first meeting of the New Year was a potluck dinner held at Bob's house. We enjoyed some great food before getting down to business.

The Club's coffers are currently at \$3,918.08. In new business, the idea was proposed for the Club to start a community service project that would get more people in our community involved in cycling. A possibility would be for the Club to somehow acquire inexpensive, used bicycles and then teach a person in need how to fix, maintain, and properly ride the bicycle. The concept may involve some type of sweat-equity exchange, where the individual would get to keep the bicycle at the end. Please give us your thoughts on the matter (good, bad, indifferent), or other constructive ideas.

The Club Jersey project is still flying, and the committee that is working on it is trying to flatten out some of the rough spots so that the project can land this spring.

There will be a Spinning demonstration at the next monthly meeting to be held at the RMH Wellness Center.

There have been a lot of good rides going on over the weekends (dirt and pavement). So beat those winter blues and come join us for one of the scheduled rides, or call a Club officer to see if there is an impromptu ride being organized. And if it snows, go skiing!

Eric

Note: February's meeting was canceled.

WELCOME NEW MEMBERS

John Fennel	Harrisonburg
Shannon Jenkins	Luray
SaraLisa Miller	Harrisonburg
James Shuke	Bridgewater

WELCOME BACK RETURNING MEMBERS

Al & Sue Clague	Harrisonburg
Carl Droms	Linville
Jean Johnson	
Marcia Lamphier & Larry Grossman	McGaheysville
Matthew Madden	Harrisonburg
John Maxfield	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	
	<u>Advocacy</u>	Len VanWyk	432-0138		
	Web page http://www.math.jmu.edu/~vanwyk/svbc/				

ADVOCACY

The law:

As I have mentioned in previous newsletters, I took a reckless driver (who buzzed three other club members and me) to court last fall, only to find that state law makes it impossible to convict a reckless driver unless you can identify the driver beyond a reasonable doubt. Since this makes convictions involving drivers who buzz/hit bicyclists highly unlikely, I wrote letters (see the SVBC Advocacy page) to State Senator Miller and State Representative Weatherholtz urging them to draft legislation which makes the owner of the vehicle responsible for the vehicle in such cases. (The owner can then "rebut" the charge by identifying the actual driver of the vehicle at the time; this is called a "rebuttable presumption.") As a result, Rep. Weatherholtz drafted HB 678, "Presumption that reckless driver and vehicle owner are the same." Robert Swennes has put an article about this in the current issue of "Virginia Cyclist." The bill itself has been postponed until next year, but is still alive.

See <http://leg1.state.va.us/cgi-bin/legp504.exe?ses=001&typ=bil&val=hb678> for details. Write Miller and Weatherholtz and state your support for this bill.

The HBP:

The Harrisonburg Bicycle Plan -- the updated version of the 1994 Harrisonburg/Rockingham Bicycle Plan - was adopted by the Harrisonburg City Council on January 12 by a 3-0-1 vote. Part of my "speech" was on the local TV news; gee whiz. At some point, the plan will be made available through the City's web page. The most important guiding principle of the plan is to consider the bicycle as a "design vehicle" in all future roads and road improvements. Thus, as suitable roads are repaved, they may be widened for bicycle lanes or restriped for shared use lanes. This is a solid plan which provides a coherent network for bicycles to safely navigate through Harrisonburg. But don't expect results overnight. In fact, as each individual proposed improvement arises, we may have to inundate City Council with letters of support.

VDOT:

The Pre-allocation Hearings, held by the Commonwealth Transportation Board (CTB), VDOT's governing body, for the Staunton District will be held Thursday March 23 at 9 am in the Augusta County Government Center on Rte 11 in Verona. The purpose of these hearings is to gather public input for VDOT's Six-Year Improvement Program. Updated each June, the Six-Year Improvement Program is a detailed financial plan for executing Virginia transportation projects with state or federal money. If you have the time and would like to voice your support for projects which would improve bicycle transportation, please attend. If you do go, I recommend getting there no sooner than 10 am, since various politicians will be making speeches for the first hour (if last year's meeting is any indication).

Len VanWyk
Advocacy Coordinator

ANNUAL VIRGINIA BICYCLE ADVOCACY RETREAT

April 8-9, 2000

Each year the Virginia Bicycling Federation sponsors a weekend retreat for cycling activists from around the state. It gives those interested in seeing bicycling conditions improved in Virginia a chance to plan strategy and discuss issues with like-minded people from other communities.

The retreat is available to any cyclist willing to promote better bicycling. The per person charge for the retreat reflects only the out-of-pocket expenses of the Federation in hosting the meeting. But the retreat is not all work and no play. Saturday afternoon those attending take a break for a couple of hours to bike (or hike) on the roads adjoining the retreat site.

The Federation has made arrangements for the retreat this year at Friendship Camp and Conference Center in Palmyra, Virginia. The per person charge is likely to be about \$25-\$30 per day, which will include several meals and the lodging cost. Attendees are to bring their own sleeping bags or bed linens for use on the bunks. Retreat attendees will pay on site, but we need to get an accurate count in advance of those planning to attend. If planning to come, contact the VBF President (Rob Swennes 703-532-6101) or Vice President (Barbara Duerk 540-343-1616).

Retreat Hours and Agenda

The yearly agenda of the retreat is largely dictated by the participants. If you will be attending and wish to have one or more topics on the agenda for discussion, notify the Federation president in advance.

The formal hours of the retreat are 9 a.m. on Saturday till noon on Sunday. Some people will arrive earlier on Friday afternoon and evening and are welcomed to spend Friday night at the Camp at the posted facility cost. Depending upon the wishes of the group, the retreat attendees may decide to buy dinner out Saturday evening rather than fixing it in the kitchen.

CLASSIFIEDS

FOR SALE: GT Pro Freestyle Tour, Cro-Mo frame, perfect condition, \$250. Call Scott at 248-5810.

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).

FOR SALE: 1980 red, men's Panasonic 10-speed 26-inch. In good condition, but needs tires. \$50. Call Scott or Diane at 248-5810.

WANTED: A solid bicycle suitable for a pre-teen. Call Len at 432-0138.

ICICLE RIDE RECAP



Wow! This year's event to bring in the New Year broke all of the records for this ride. Most notably: 1) the ride was entirely downhill and the wind was at our backs, 2) there was absolutely no complaining, 3) everyone remarked at how strong they felt, despite the past couple of months of little activity and holiday eating, 4) the entire group of cyclists rode together the whole ride even up until the last few miles when most of the riders knew how to get back to their cars, 5) the ride finished exactly in two hours just as the ride leader said it would, and 6) the weather was unseasonably mild and almost balmy compared to previous years.

Well most of the above is true. You can ask one of the 20 cyclists that attended this year's ride which were false, of course, don't ask our Vice President Bob McGovern-Waite about the hills. You are likely to get a biased answer.

Thanks go out to all that attended for making this year's event a lot of fun. It was great catching up with everyone. Also, thanks to Richard and Kathleen (I hope this is spelled correctly) for the hot chocolate and great cookies.

-- Bill

CHILI RIDE RECAP

There were six of us out cruising around the dirt roads northwest of Harrisonburg for this year's Chili Ride. I had scouted out a new route and flattened all the hills prior to the ride. All the hills, that is, except for one little rise near Singers Glen. The weather was great, and the warm sun melted most of the ice from the road surface. We covered some roads that we do not typically travel. A conservative estimate would be that the new route included over 50% dirt roads.

The chili potluck after the ride was equally fun. A few more people showed up and we devoured some great food. One of these years it may actually be chilly for this ride? -- Eric.

SCHEDULE OF EVENTS

Helmets are required on all **club rides**.

SATURDAYS

12 noon. Winter Training Rides. This winter we will bring back a regular series of rides for those of you who will not let a little bad weather interrupt your cycling enjoyment. We will meet on a weekly basis for rides of one to two hours in length-- weather dictates the distance. Ride leaders will include Marcia, Bill, and Marshall. First ride will be on January 8th and the series will be continued through March. Major snowfall means cancellation of the ride and cross-country skiing instead. Call Marcia (289-6712), Bill (828-6635), or Marshall (828-2950) for location and other details. Shake off that winter feeling of blah & join us!

SUNDAYS

Winter bike rides leaving from Bridgewater College generally at 9:00 am. During the winter months these rides vary between road and mountain bikes depending on the temperature. In very cold weather the rides may leave at a later time. We ride to have fun! Please call contact Rich Harris, 828-2380, e-mail harrisra@jmu.edu or Dan Finseth, 438-8063, e-mail dafinseth@rockinghamgroup.com each Saturday for the latest ride information.

- March 26-28 2nd Annual Virginia Bicycling Conference, Williamsburg, VA. Both general sessions and smaller breakout sessions by topic. Visit www.bikevirginia.org to find the latest information. Call 757-229-0507 or e-mail aturnbull@bikevirginia.org for more information.
- April 15 Great Cookie Bike Rally. Harwood, MD. 15-, 30-, or 50-miles near Annapolis. Call 1-888-226-7433 or visit <http://www.cyclexmd.org> for more information.
- May 19-20 Bike Virginia's Tour de Chesapeake. Activities start the 19th, but the ride itself is on the 20th. Call them at 757-229-0507, visit them at <http://www.bikevirginia.org>, or e-mail them at info@bikevirginia.org for more information.
- May 20 Tour de Cure. Curtis Memorial Park, Stafford County, Fredericksburg, VA. Minimum pledge of \$150. Register by calling 1-800-582-8323 or online at <http://www.diabetes.org/tour>.
- May 20 Hyannis Port Challenge, MA. Join Greg LeMond for 85 miles of riding. Call 1-800-718-3536 or e-mail bethc@bestbuddies.org for more information.
- June 2-5 LAB Covered Bridge Rally, Bloomsburg, PA. Register online at <http://www.bikeleague.org>.
- June 2-July 7 Bike South 2000. Tallahassee, FL to Charlottesville, VA.
- June 18 15th Annual Bay to Bay Ride. Bettertown, MD. 27-104 miles, flat. To benefit Lions Club Leader Dog Program for the Blind. Phone 410-778-4881 or register online at <http://www.activeUSA.com>.
- June 30-July 3 LAB Minnesota Lakes and Rivers Rally, St. Paul, MN. Register online at <http://www.bikeleague.org>.
- July 1-7 Bike Virginia's Odyssey 2000. This is the fifth and final leg of BikeSouth 2000, starting in Winston-Salem and ending in Charlottesville. Call them at 757-229-0507, visit them at <http://www.bikevirginia.org>, or e-mail them at info@bikevirginia.org for more information.
- July 8-15 Pedal Pennsylvania. Albany, NY to Philadelphia. 500 miles. Call them at 215-561-9679, e-mail them at bobi@pedal-pa.com, or visit them at <http://www.pedal-pa.com> for more information.
- July 9-14 Coastal Tour, Maine. Call 207-743-5993, visit them at <http://www.CoastalTour.com>, or e-mail them at info@coastaltours.com for more information.
- July 21-27 Cycle Across Maryland. 300 miles. Three day option available. Call 1-888-226-7433 or visit <http://www.cyclexmd.org> for more information.
- July 23-29 4th Bon Ton Roulet. 350 miles through the Finger Lakes region of New York. Registrations due June 15th. Call 607-756-2893 or visit them at <http://www.bontonroulet.com> for more information.

- July 30-August 4 8th Annual Moose Tour, Maine. Call 207-743-5993, visit them at <http://www.MooseTour.com>, or e-mail them at info@moosetour.com for more information.
- August 13-18 5th Annual New England Adventure. Tour through Massachusetts, New Hampshire, and Vermont. 225-350 miles. Call 1-800-727-9711 or visit <http://www.newenglandadventure.com> for more information.
- August 18-21 LAB Cascades to the Coast Rally, Bellingham, WA. Register online at <http://www.bikeleague.org>.
- October 7-14 2nd Annual Cycle North Carolina. Begin in the Blue Ridge Mountains and cycle nearly 400 miles to the beach. Call 1-800-277-8763, e-mail them at ncas@interpath.com, or visit them at <http://cyclenorthcarolina.org> for more information.
- October 20-22 Bike Virginia's 10th Annual Shenandoah Fall Foliage Bike Festival. Call them at 757-229-0507, visit them at <http://www.bikevirginia.org>, or e-mail them at info@bikevirginia.org for more information.

1999 MILEAGES



Marcia Lamphier	7,869	Mark Eckroth	3,033
Neups	5,492	David Knicely	2,715
Robert Gooden	5,062	Ellen Painter	2,647
Bruce Miller	5,041	Stin Lenkerd	2,004
Bill Painter	4,406	Larry Grossman	1,800
Becky Matheny	3,706.5	Len VanWyk	1,650
Hank Schiefer	3,123	Scott Ripley	1,334
Mahlon Webb	3,113	Alice Webb	1,250

If you have your 1999 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 MARCH/April

<u>Art Fovargue Family</u>	<u>Steven Hostetler</u>	<u>Dick & Lois Wettstone</u>
Dary Erwin	Andrew Jones	Bruce Miller
Scott Ripley		

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@freewweb.com or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.