



MAY 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

For the last two months, I have fallen into a quandary. My predicament is that I am having a hard time trying to find the start of my own cycling crusade. In years past my cycling motivation has come quite easily, eagerly waiting for the rites of spring cycling. So I ask, where, o' where did my motivation go?

Webster's dictionary defines the word motivate as "to provide with, or affect as, a motive or motives; incite." Moreover, Webster's dictionary clarifies the word motive as "an inner drive, impulse that causes one to act in a certain way." We are born with some basic impulses, such as the need to eat and sleep. Other impulses are housed in our psyche – soul, mind, self. After reading those two definitions, my mind is pondering on what motivation means to me and how do I

develop/find that influence – that INNER DRIVE. I believe that most of us need a little help, from time to time, with that inner drive. I also believe that there are people, places, and things that can help inspire that energy of motivation. In cycling, there are people, like Lance Armstrong; there are places, like bike festivals & races; and there are things, like new bikes and gizmos that help motive folks. More significant ways to be motivated are by combining several of those areas: like-minded people doing similar things for a common objective. Hence, we have clubs and organizations. The Shenandoah Valley Bicycle Club has the responsibility of helping to raise local cyclist's motivation. There are a lot of great folks in the club ready to help cyclists find and maintain that motivation. I certainly know that one of my

major responsibilities of being a Club member is to motivate and inspire other club members and others getting involved in the sport of cycling. So maybe I should turn to the other club members to help me develop my motivation this season, so that I can exceed my personal goals for the year. With those thoughts and ideas in mind, lets embark on the promising days ahead.

Since Daylight Savings time began on April 2, there will be more evening daylight hours to cycle. The Club is planning to be host for a plethora of rides this season. Check out the upcoming Ride Schedule for rides and come on out, joining a group of excited and motivated cyclists.

Until next time, keep those pedals spinning.

Knically

UPCOMING MEETINGS

May 8	5:30pm	Pre-meeting ride starting at Luigi's
	7:00pm	Monthly meeting at Luigi's.

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)

MARCH MEETING MINUTES

This month's meeting started out with a quick spin around the RMH Wellness Center. Actually, it was a simulated spin around the county, led by Garth Kunkle, atop the Wellness Center's stationary spinning bicycles. Garth provided an entertaining spin session filled with visualization and shirt-soaking sweat. Three people participated in the demonstration. Just watching was tiring, especially on the "climb" of Little North Mountain. It was evident just from the short demonstration that "spinning" is a great way to refine your pedaling motion and get a quality workout in a limited amount of time.

After the demonstration, we covered the official business. The Superintendent for the Town of Bridgewater has solicited the Club's input for a potential bike/buggy route that would connect Bridgewater to the south end of Harrisonburg. One idea is to tie-in behind (i.e. safely skirt) the new Wal-Mart on Route 42. The Club has been given a map to mark our suggestions for routes. We will be returning

the map to the Town of Bridgewater in early April, so please get your suggestions to Neups as soon as possible.

The Bike Festival is scheduled for the last weekend in July. Meetings for planning the event have already started and will continue into July. The Club now has the responsibility for promoting and presenting the event, so we need the help of you, the members, to make it a success.

Daylight Savings Time is about to start and you all know what that means...Wednesday night rides! In addition, the Thursday night rides will now be for the people who are "always at the front on Wednesday nights." We will continue to schedule the Time Trials as we have in the past, but you may be timing yourself frequently. There will be a Trash Pickup in April on the section of roadway that we have adopted. The Treasurer's Report was \$3,964.78.

Eric

APRIL MEETING MINUTES

The first pre-meeting ride of the year involved three people...Marcia, Neups, and Zack. They covered about 15 miles at a "conversational pace."

As we sat down to dinner at that famous pizzeria on the southwest side of town, we quickly got down to business. The most important item on the agenda was the Bike Festival. Bill McNulty will not be able to help with this year's event, and you all know what that means. We really, really, really need a bunch of people to help fill his proverbial shoes! Did I say 'really'? Contact a club officer to see how you can help. Really!

Marcia has sent the map back in to the Town of Bridgewater (see March Minutes) with a few

suggestions for bike routes between the two towns. Sorry we did not have more time to solicit your ideas. If you would like to make suggestions for the bike routes, you may be able to send them directly to the Superintendent for the Town of Bridgewater.

The treasury balance stands at \$3,983.29 as of the meeting.

Finally, I would like to take the liberty in my column to say to Len that we are still thinking of you and your family during this difficult time.

Eric

WELCOME NEW MEMBERS

Jim Brown
Deb Lung
Charlotte McNulty
Terri Prodoehl

Monterey
McGaheysville
Harrisonburg
McGaheysville

WELCOME BACK RETURNING MEMBERS

Dary Erwin
Bruce Miller
Scott Ripley

Harrisonburg
Dayton
Mt. Sidney

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	828-6635	<u>Time Trial</u>	needed	
	<u>Advocacy</u>	Len VanWyk	432-0138		
	Web page	http://www.math.jmu.edu/~vanwyk/svbc/			

SHENANDOAH VALLEY BIKE FESTIVAL 2000

The dates have been set for the **2000 SV Bike Festival** – July 29 & 30. Please mark your calendar. The Bike Festival Committee could **REALLY** use your support this year. We are asking Club members to volunteer with the committee work as well as being ride volunteers for the weekend or rides. We have a core group of folks on the committee. However, we could use **YOUR** help. There is plenty of work to be done to make this year's event a success. Please contact one of the following committee members. THANKS!!

Dan Finseth (e-mail: dafinseth@rockinghamgroup.com or 438-8063)
 Rich Harris (e-mail: harrisra@jmu.edu or 828-2380)
 Marcia Lamphier (e-mail: marcilamphier@hotmail.com or 289-6712)

TRASH PICK-UP

My thanks go out to those who helped with our spring trash pick-up on April 8th: Marcia Lamphier, Robert Gooden, Bruce Miller, Alice Stecker, Eric Aschenbach, Jim Brown, and Brent and Judie McNett. Jim just joined the Club that day and also joined in on the ride. He's from Highland County. Special recognition goes to Tom Mayer, who made it just in time to see us finishing (he thought we started at 9:30). Those who stayed, and those who joined us, for the ride afterwards were treated to a beautiful loop led by

Marcia through McGaheysville and Elkton. And we all made it back before the rain came. Thanks again.

A little litter trivia. Every year, Adopt-a-Highway volunteers collect about 300,000 bags of trash from one-fourth of Virginia's roads. That's over a million bags, or a quarter-million cubic yards, of trash! Enough to fill a typical NFL stadium to the brim.

Neups

TIME TRIAL RESULTS

Rain threatened and the wind blew heavy from the south for the first time trial of the season, but four riders braved the elements. Here were the results.

Jeremy Wimpey	26:01	Pat Miller	26:45
Adam Childers	28:55	Thomas Jenkins	29:55

To climb steep hills requires slow pace at first.
 - William Shakespeare

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.

JOIN US FOR A RIDE

If you haven't joined us for a ride yet, you might want to give it a try. Not only do we get to ride, but we also get to stop traffic. The other Wednesday night ride had **eighteen** riders. That's 25% of our Club membership. I'm not sure if I've ever heard of any other club having that much participation for an event. On one of our mountain bike rides, one person found a \$20 bill! So come out and join us to get rich or to meet new friends and renew old friendships.

PEOPLE-POWERED

The Bicycle News Agency (BNA) reports that on Sunday, February 6, in a revolutionary experiment, 150 Italian towns and cities were partially or completely closed to motorized traffic. The event afforded some 18 million city dwellers the experience (albeit brief) of quiet, car-free living. According to BNA, Edo Ronchi, Italy's minister of environment, conceived of the closures. Some towns banned cars entirely, others only in the city center; some towns were off-limits to autos all day, and others for only a few hours. Bicycles, feet, and in-line skates were the primary modes of transport. There's now a move "afoot" to involve large cities throughout Europe in a car-free day this September. Communities in Italy, Switzerland, France, Germany, England, Austria, Finland, and Denmark have already signed on. Will we someday see "Car-less in Seattle?"

as reported by the Adventure Cycling Association



BIKE TO WORK DAY

You have the opportunity to take great strides towards the promotion of bicycles as a viable mode of transportation during this year's National Bike-to-Work Week from **May 14th-20th** and Bike-to-Work Day on **Friday, May 19th**. And, of course, the entire month of May is Bicycle Month. Hope to see you out there.

SCHEDULE OF EVENTS

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

- TUESDAYS** 5:45pm Time Trials in Montezuma. Self-timed.
- WEDNESDAYS** 5:15pm. 1 1/2 to 2 hours at a B-pace. Meet at the parking lot at Harrisonburg High School. Call Marcia at 289-6712 for more information.
- THURSDAYS** 6pm Road Ride at Keezletown Elementary School. A good ride to try if you're always in the front of the Wednesday night rides. We'll try to ride mostly in pacelines. Possible earlier start time if desired by the majority. Call Neups at 434-1878 if you have any thoughts on this ride.
- SATURDAYS** 12 noon. We will continue the Saturday Rides throughout the season when there are no other scheduled rides on the calendar. As the weather becomes nicer, we will modify the starting time. Call Marcia (289-6712), Marshall (828-2950), or Bill T. (828-6635) for location and other details.
- SUNDAYS** Spring rides leaving from Bridgewater College at 10:00 am. This time of year these rides are generally on road bikes, but we switch to mountain bikes if the weather turns cold. We ride 2-3 hours to have fun! Please contact Rich Harris, 828-2380, e-mail harrisra@jmu.edu, or Dan Finseth, 438-8063, e-mail dafinseth@rockinghamgroup.com each Saturday for latest ride information.
- May 6** **May Breakfast Ride.** 8am. Dayton Farmers Market (Rt.42 South, Dayton). We will meet in the parking lot of the Dayton Farmers Market for a 30-35 mile ride. After the ride, we will have breakfast at the Farmers Market. Contact Marcia (289-6712) for more information.
- May 13** **Marquess & Janell's Ride.** 9:30am. Hillandale Park, Harrisonburg (Rt.42 South). 35-40 miles. Contact Marquess (289-5824) or Janell (432-9867) for more details.
- 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** **McDowell/Monterey Ride.** 9:30am. Approximately 37 miles. Take Rt.250 West from Churchville to Rt. 678 in McDowell. Left on Rt. 678 for 100 yards. Park in the school lot on left. Contact Jim Brown for more information. Home: (540) 468-3161 or Work: (540) 468-2541.
- 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** Tour de Blount. Maryville, TN. 27-mile, half, and metric centuries. Call Neups for more information.
- 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>. **Give Neups a call if you are attending and wish to make travel arrangements.**
- June 2-July 7** Bike South 2000. Tallahassee, FL to Charlottesville, VA.
- June 10-11** 12th Annual MS 150 Bike Tour. Bike to the Border. Charlottesville to the North Carolina border. Call them at 1-800-451-0373, visit them at <http://www.vab.nmss.org>, or e-mail them at mssocva@aol.com for more information.
- 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>. **Give Neups a call if you are attending and wish to make travel arrangements.**
- 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 16-22 6th Annual Bicycle Tour of Colorado. The Woodland Park Loop. Nine Rocky Mountain passes to climb and conquer. Call 303-985-1180 or e-mail AJ4BTC@juno.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 29-30** **2000 Shenandoah Valley Bike Festival.**
- 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 5 Highland County Century.
- 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>.
- September 8-10 The Great Peanut Rides. Emporia. Call them at 757-229-0507 or visit them at <http://www.3rddoor.com/events> for more information.
- September 17 Artie Levin Rides. Roanoke.
- September 30 3rd Annual Bike Shenandoah. Routes of 5, 15, 30, 62, and 100 miles. Call 540-574-4873 or e-mail them at BikeShen@juno.com for more information.
- October 13-15 Sea Gull Century weekend. Salisbury, MD. Visit them at <http://www.seagullcentury.com> 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.

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 MAY/June

DAN FUNKHOUSER

JIM SOCHACKI

M. STECKER & K. HUSKINS

MIKE & ANN WENGER

Judith Trumbo

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