



JUNE 2000 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

June 12	5:30pm	Pre-meeting ride starting at Luigi's
	7:00pm	Monthly meeting at Luigi's.

JERSEYS!!!

Here we go!!!

It's time to order your Club jersey! The jerseys will be gold, which is really more of a yellow. We had to choose the gold because that's what was available for both the men and women. They will have the Club logo on the back and "Shenandoah Valley Bicycle Club," written over the left breast in blue. The jerseys are CoolMax Alta Core. The colors were chosen because those are the Club's official colors.

The women's are princess cut and you may choose either short sleeve or sleeveless. Men's will be short sleeves only. Sorry, "princess cut" is not available for the guys.

If you are unsure of your jersey size, you may stop by East Coast Bicycle Academy and try one on. Now for the pricing. They will cost no more than \$35.00, but no less than \$31.00. This applies if we get orders for ten or more.

To order, call, e-mail, or fax Neups with your **name** and **phone number**, the **jersey style** (women's short, women's sleeveless, or men's), **size**, and **quantity** of each. Orders are due by the next Club meeting which is on June 12th. Order today. Right now. While it's fresh in your mind. Let's do it!!!

MAY MEETING MINUTES

We had four people show up for the pre-meeting ride. We pedaled for about 18 miles, mostly at a conversational pace. Upon our return, several other club members joined us for the meeting.

In advocacy news, the election of three new Harrisonburg City Council members does not mean we can rest on our laurels. We still need to voice our opinions so that the transportation planning for the City takes bicycles into consideration. On a similar note, if anybody has additional details regarding the proposed bike route in Rockingham County to connect Bridgewater to Harrisonburg, please get the details to Len.

The Breakfast Ride on May 6th was fun. Ten people showed up for the main ride, and the total count for breakfast at the Dayton Farmer's Market was eleven. The ride was about 30 miles, and the

temperature was "warm." Thankfully, there was very little wind for a change.

In other news, the Wednesday night rides are getting bigger than ever, and the Thursday night rides are drawing a handful of people. Dave has graciously volunteered to pick up the jersey project. Details should be forthcoming. The Treasurer reported \$3,835.44 in the bank. We are contemplating, once again, what to do with some of the money in the treasury. We have decided that one project will be to give out a few free memberships to the community in order to increase membership and promote bicycling. We will do this by giving certificates to the local bicycle shops, so that they may give them away to customers that purchase a new bicycle. On a final note, the planning for the Bike Festival continues...help out where you can! Thanks.

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

Andrew Dainis
Meg Sander

Mathias, WV
Harrisonburg

WELCOME BACK RETURNING MEMBERS

Art Fovargue Family
Dan Finseth
Dan Funkhouser
Chris Hamilton
Kay Huskins & Marc Stecker
Jim Sochacki
Mike & Ann Wenger

Harrisonburg
Mt. Crawford
Harrisonburg
Harrisonburg
Keezletown
Bridgewater
Harrisonburg

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

ADVOCACY

Burg to Bridgewater:

As reported in the last newsletter, people with clout are making noises about a bona-fide bicycle artery between Bridgewater and Harrisonburg. Since I have been out of the loop for the past couple of months due to my wife's accident (she is the JMU professor who was hit by a car while walking), I don't have any details. Hopefully I will by the next newsletter.

HATS:

The proposed bypass loop recommended by the Harrisonburg Area Traffic Study will surely have an effect on bicyclists one way or the other. The thinking behind the bypass loop is decidedly "old school" (Got a traffic problem? Build more roads!), but critics need to come up with a viable alternative. Personally, I believe what is needed is a comprehensive (i.e. auto, bicycle, pedestrian, public transit) study done by competent external consultants. It's possible some bypass sections will be necessary, but I am not confident that the "powers that be" have considered all alternatives. (Since highway improvements for automobiles are a major source of pork spending, it's always tempting to build, build, build.) In any case, if you have an opinion on this, let your elected officials know about it. Soon.

The people have spoken:

The May 2 Harrisonburg City Council election, which resulted in victory for the three TAGS/CHANGE-endorsed candidates, was a promising sign for bicyclists and pedestrians, since the "new" council members will likely prove to be more sensitive to their concerns. Hopefully we will begin to see a more aggressive implementation of the infrastructure changes recommended by the Harrisonburg Bicycle Plan.

Len VanWyk
Advocacy Coordinator

SVBC ACTIVITY COORDINATORS

<u>Century</u>	Art Fovargue	433-9247	<u>Newsletter</u>	Neups	434-1878
<u>Rides</u>	Bill Taylor	828-6635	<u>Bike Festival</u>	Dan Finseth	438-8063
	<u>Advocacy</u>	Len VanWyk	432-0138		

Web page <http://www.math.jmu.edu/~vanwyk/svbc/>

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.

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? Have you just gotten into cycling and want to see what cycling with a small group is all about? Then come out and join these rides. Together we will work, train, and have a good time on our bikes and hopefully, help 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 leaders and that they 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 10-15 miles. At a later date, the speed and/or distance will gradually increase (along with a more challenging terrain) based on the needs to the group. These rides are learning/training rides but also FUN rides and at no time will anyone be dropped. So come out, train, learn, and have fun!! We promise that everyone will learn at least one new way to improve your cycling skills. Check the monthly Ride Schedule for the dates/location/time. Call Alice Stecker (564-1611) or Marcia Lamphier (289-6712) for more information.

THE ZEN OF CYCLING

A Zen teacher saw five of his students returning from the market, riding their bicycles. When they arrived at the monastery and had dismounted, the teacher asked the students, "Why are you riding your bicycles?"

The first student replied, "The bicycle is carrying the sack of potatoes. I am glad that I do not have to carry them on my back!" The teacher praised the first student; "You are a smart boy! When you grow old, you will not walk hunched over like I do."

The second student replied, "I love to watch the trees and fields pass by as I roll down the path!" The teacher commended the second student, "Your eyes are open, and you see the world."

The third student replied, "When I ride my bicycle, I am content to chant nam myoho renge kyo." The teacher gave praise to the third student; "Your mind will roll with the ease of a newly trued wheel."

The fourth student replied, "Riding my bicycle, I live in harmony with all sentient beings." The teacher was pleased, and said to the fourth student, "You are riding on the golden path of non-harming."

The fifth student replied, "I ride my bicycle to ride my bicycle." The teacher sat at the feet of the fifth student and said,

"I am your student!"

TIME TRIAL RESULTS

May 2	10mph ENE wind		
Jeremy Wimpey	23:19	Pat Miller	24:30
Adam Childers	25:30	Neups	25:49
May 9	14-20mph S wind, very hot	May 16	20+mph S wind
Neups	25:44	Neups	25:15
May 23	14-20mph S wind, very hot		
Neups	25:10		

9th ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL

The Shenandoah Valley Bike Festival will be taking place the weekend of July 28,29,and 30. The festival will start at Bridgewater College on Saturday, July 29. The seven rides being offered on Saturday range from the requisite century to gentle 20-ish mile loops around the Bridgewater area. In addition to the festival on Saturday, there will be a club ride at 5:30 p.m. on Friday and a "volunteer recognition" ride on Sunday morning. The festival continues to be an exceptional bargain, with the fully supported rides and this year includes a canvas Festival bag with the \$15 registration fee. To register for the festival, please stop by your local bike shop or email: hhayes@bridgewater.edu

Once again, the assistance of club members is needed to make this a successful festival. There are opportunities to serve as a ride leader, help with rest stops, help with road markings, or help with other ride support. If you would like to guide bikers through our beautiful valley as a ride leader, contact Marcia Lamphier (289-6712). The festival is a great opportunity to showcase the Shenandoah Valley Bicycle Club and ensure that all of our bicycling guests enjoy their visit to "our roads". The \$15 registration fee is waived for festival volunteers.

Below is a list of scheduled rides:

- CENTURY - 7:00 A.M. (100 MILES)
- METRIC CENTURY - 7:30 A.M. (65 MILES)
- UNION SPRINGS CREEK RIDE - 8:00 A.M. (22 MILES)
- WESTWARD HO - 8:30 A.M. (31 MILES)
- BASE OF THE MOUNTAIN - 9:00 A.M. (40 MILES)
- NATURAL CHIMNEYS - 10:00 A.M. (32 MILES)
- COUNTY LINE - 1:30 P.M. (20 MILES)

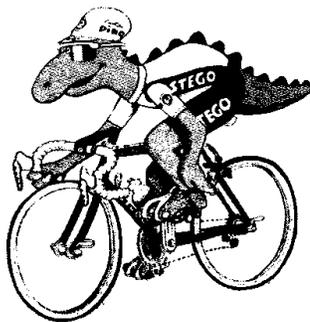
The next meeting of the Bike Festival Committee will be on June 8th at 8pm at Dan Finseth's. Call Dan at 438-8063 if you need directions.

HIGHLAND COUNTY RECAP

Seven riders had a wonderful ride in the Highland County area on May 20th. Jim Brown laid out a course with two of the nine climbs you'll encounter on the Mountain Mama Road Bike Challenge in August. The weather cooperated fully while we pedaled from McDowell to Sugar Grove, seeing deer, a turtle, and even a peacock along the way. The climb out of Sugar Grove started gently enough, but the last two tenths of a mile were straight up! I think every car we passed (all twelve of them) waved greetings to us. The scenery was wonderful! To top off the 40-mile jaunt, Jim led us to Monterey (this time in our vehicles) and treated us to pizza. Thanks, Jim, for a great ride and fine treats!!!

NEWSLETTER DELIVERY HELP WANTED

I would appreciate if one or more members could help deliver the newsletters to the local shops. It's only ten times a year. Please give me a call if you'd like to help. Thanks. Neups (434-1878)



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	10am. We will continue the Saturday Rides throughout the season when there are no other scheduled rides on the calendar. Call Marcia (289-6712), Marshall (828-2950), or Bill T. (828-6635) for location and other details.
SUNDAYS	Rides leaving from Bridgewater College at 8am. 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.
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 June 3	Bike South 2000. Tallahassee, FL to Charlottesville, VA. Breakfast Ride. Meet at Mr. J's (Rt. 42 South) for breakfast prior to the ride. The ride will leave at 8:30am and be 30-35 miles. Please contact Marcia (289-6712) for details.
June 10-11 June 11	12 th 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. Wannabe Ride. Meet at Wildwood Park in Bridgewater at 12:30pm. See the newsletter article for details. Contact Alice Stecker (564-1611) or Marcia (289-6712).
June 18	15 th 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 24	Northwards to Capitol Tour. Wautoma to Bayfield, WI. Call 608-244-6598 or e-mail bicycle@execpc.com or visit them at http://www.bikenorthwoods.com for more information.
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	NITE Ride. Call Neups 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	6 th 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 22 Warm-up for the Mountain Mama Century. 7am (to beat the heat). Do you think you're ready for the Mountain Mama? This ride will help you find out. 90 unsupported miles with at least three climbs. Leaving from the house of Neups. Call him for more details (434-1878).**
- July 29-31 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 Mountain Mama Road Bike Challenge. Fundraiser for Highland Medical Center. 30-, 50-, and 100 miles. Century has 9 mountains and 10,000 feet of climbing. Call 540-468-2301, e-mail catdray@cfw.com, or go online to <http://www.lightningcycles.com/mama/MountainMama.shtml> for more information.
- August 12 Dog Daze Century, Nottingham County, PA. 27-107 miles. Call Ann Marie Sullivan at 610-644-3792 or e-mail her at AMSVU78@aol.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>.
- 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 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 13-15 Sea Gull Century weekend. Salisbury, MD. Visit them at <http://www.seagullcentury.com> for more information.
- October 13-15 33rd Hilly Hundred Weekend Bicycle Tour. Register online at <http://www.active.com> or call Neups 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 JUNE/July

JUDITH TRUMBO

Robert Gooden

Stin Lenkerd

Becky Matheny

Mike Welsh

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.