



## AUGUST 2002 NEWSLETTER

### SVBC OFFICERS

President:  
Vice-President:  
Secretary: Marshall Hammond 434-1609  
Treasurer: Marcia Lamphier 432-3312

### UPCOMING MEETINGS

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

### JULY MEETING MINUTES

The July meeting of the Shenandoah Valley Bicycle Club was held Monday, July 8<sup>th</sup> at 7:30pm in the "back room" of Luigi's. There were seven members present (a new record) at the meeting with three members participating in the pre-meeting ride from Luigi's at 5:30pm.

The Treasurer reported a balance of \$7,087.35.

The Club meeting was held in conjunction with the Festival and Century organizational meetings. Plans for each event are on going with requests for sag volunteers and ride leaders being made.

New business:

Rich Harris had received an e-mail from the Valley Program for the Blind concerning possible state

money to buy a tandem if sighted riders would volunteer to be the captain with a sight impaired stoker. This was a preliminary inquiry to see the interest of Club members in volunteering. Interested persons can contact Rich for more details.

Club members are reminded that the event page of the newsletter is an important source for upcoming Club, area, and other rides. Get out there and ride!

The next SVBC meeting will be August 12<sup>th</sup> at 7:30pm with a pre-meeting ride leaving Luigi's parking lot at 5:30.

The meeting was adjourned when we ran out of refreshments.

Marshall Hammond

### WELCOME NEW MEMBERS

Kathy & Dane Byers

Leonard Clymer

Doug Lane

Jim Rhodes

Alice Wine

Broadway

McGaheysville

Staunton

Arlington

Timberville

### WELCOME BACK RETURNING MEMBERS

Dean Cummings

Dan Finseth & Betsy Hayes

Rich Harris

Massanutten

Mt. Crawford

Bridgewater

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

All the area shops contribute to the Club.

Thanks to Mark's, Mole Hill, Shenandoah Bicycle, Blue Ridge, and East Coast Bicycle Academy.

Please support these local shops. (Also underwritten by R.R. Donnelley Company)

## 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		
	<u>Web page</u>	<a href="http://svbikeclub.homestead.com/">http://svbikeclub.homestead.com/</a>			

## THE TWENTIETH CENTURY

On September 18, 1983, the Shenandoah Valley Bicycle Club, not even a year old, held its first Century. This inaugural ride started and finished at the National Guard Armory (some riders camped out on the Armory floor the night before for a \$1) and the checkpoint was at the Bridgewater Elementary School (now Blue Ridge Christian School behind Hardees). We had 58 riders, and sometimes we included the seven or so that rode the Worker's Century to paint arrows in our total. Pre-registration fee was \$4.00. Now for your Century trivia question – a prize to the first person who can identify the female Club member (I believe she is a present day member) who was the last rider in, finishing the Century in 10:04.

This year, on Sunday, September 8 we will be sponsoring our 20<sup>th</sup> Annual Shenandoah Valley Century. Of course some may quibble over the statistics since in 1996 we had to cancel the Century due to Hurricane Fran and her devastation to many of our local roads. However, to those who quibble, we say - slow leak to you. Since all the planning and preparation was complete, and some did ride part of the course, we count it as the 14th Annual Century.

This year we start at Hillandale Park, Shelter #12, and the checkpoint is at Bridgewater College. As always, we offer rides of 25, 50 or 100 miles. The route is basically unchanged, except for a few new twists. See the registration form elsewhere in this newsletter for other details.

Since the Century is right around the corner, it is, of course, time for me to make my annual plea for aid. As always, we are in need of a few good cyclists (or non-cyclists) to function as registrants, parkers, sag drivers, and check point workers on the day of the ride. Volunteer for a half or full day – any hours you can give are truly appreciated. If you think you can help some on September 8, please give me a call (433-9247) or e-mail me at [fovarg@aol.com](mailto:fovarg@aol.com). If you can help out before the ride, we have lots of brochures and posters to be distributed if you know of a place that would be willing to accommodate them. Our next planning meeting is at Luigi's on August 12 (see regular meeting notice).

Please pass the word about our Century and encourage your friends to come out. Also, remember that homemade baked goods at the end of the ride is one of our highlights, so stick your favorite recipe under a magnet on the refrigerator door with a note saying "20th Century" goodie.

Art Fovargue

## THREE COLD ONES

No, not beer. I'm just recapping my excursions onto the Skyline Drive this year. My first time up was also when I was wearing my new sleeveless jersey for the first time – June 1. It had rained the night before into the early morning, but the forecast was for a lot of sun and heat. Upon reaching the Drive, I found the sun behind a lot of trees. The rain had also left its coolness on the mountain. This brought out the wildlife – I saw a couple bears – but left me a little chilled until I exited the park.

My second time up there was with Mark Eckroth and Steve Hostetler on June 15. We did a lot of sweating climbing Route 33 into the park, then felt the morning chill on the first downhill. This was the general routine until we reached Afton.

My third ride was July 13th. A cold front had moved in the night before. Chardin Detrich was to be my partner on this ride, and he was, to a point. That point was in McGaheysville where he downshifted and somehow got the chain stuck behind his cluster. This in turn locked up his wheel and broke his rear derailleur. The store we had just passed provided a phone and a place to await his dad's recovery efforts. I continued on alone. The coolness again had the deer out. I went by one that didn't move a muscle, though I passed within five feet of it. Another stood in the road until a car slowed and came within ten feet of it.

If you've got stories about your rides, send it in to the newsletter editor (me). Articles are always needed.

Neups

## OOPS, I DID IT AGAIN!

If you're expecting a story about Britney, forget it. This is my story of again doing a day's ride - over 200 miles. Because the first day of summer fell on a Friday this year, and because of my brother's schedule, I decided to take a day off and try the ride on the true longest day of the year, as it should be. My concern with this was that I might run into "rush hour" traffic. Especially since this was to be a round trip, instead of the one-way it was last time.

The day started as it did two years prior with an early wake-up. The slight chill in the air told me the temperature would not be as hot this time, as it was the first. I even started with a newspaper up the front of my jersey to shed the cold. It was an hour before I was to remove it.

The other change this year was my bicycle. Instead of the Serotta, I rode my new Trek carbon. Believe it or not, the Trek shaves six pounds due to a lighter frame, lighter wheels, and new, lighter components.

The traffic was much better than expected. My timing put me through Winchester after the morning rush. Crossing the Potomac is always nice. My first thought had been to see the Potomac and turn around. But then I got bullheaded about making Pennsylvania, so I decided to go to Hagerstown and then the state line. I reached Pennsylvania and decided to take State Line Road (PA 163) west a few miles, then cut back south on Maryland 63 to miss Hagerstown and come out again in Williamsport. The light that was out as I went north was still out as I returned south, and the traffic had gotten worse. But the cops directing the traffic got us through it eventually.

Turning back onto Maryland 63 is where I found out about the wind. I also was reminded that I had been traveling downhill until that point. The wind would tease me with sometimes feeling like it was behind me, but would also turn quickly and be in my face. And after crossing the Potomac again, I had to climb and climb again. The climbs really weren't bad, but after already putting in over 100 miles, the undulations of the valley get to wear on you.

At about 150 miles, my left knee started giving me some pain. By 180 miles, my right knee joined in the pain. Time-wise I was doing well and could make it back to Harrisonburg before dark with a total of 235 miles. But by Woodstock I was fighting it too much. I pushed on to New Market, called my ride, and waited to be transported home to a much needed shower. Still, I had ridden 215 miles (two miles further than my last try). Though I vow not to try this again, maybe the third time's the charm.

Neups

## A LITTLE BIT ABOUT THE MAMA

Well, as you know, the *official* Mountain Mama is not taking place. But there will be over 70 riders converging on Monterey on August 3<sup>rd</sup> to ride the course anyway - 104 miles, nine mountains, and 10,000 feet of climbing. We'll carpool over there (meet at Bridgewater College for a 6:30am leave time - sharp!). Here's a note from one of the people over in Monterey.

"We're going to meet at the high school parking lot and take off at 8am. There are a couple of stores along the first half of the course that will be available for water/Gatorade/food/etc. We have a couple of volunteers (right now) for SAG support and we are going to station them along the second half of the course with any extra water bottles and food that riders bring with them. The best plan would be to **come prepared to support yourself**, and the water/food vehicles on the 2<sup>nd</sup> half of the course will be a bonus! We will print out course maps and have those ready that morning since the road markings are probably gone by now. We are planning on setting up a donation box at the start of the ride in case any other riders are interested in contributing to the medical center. We figure if we raise a little money for them in a year they aren't participating in the event, they will be eager to help out next year in some volunteer capacity when we get Mama back up and running officially."

Marshall has been in contact with folks in Monterey and they have arranged for anyone who comes over to park at the high school. We're suggesting \$20 as a donation gesture towards reviving this wonderful ride. Also, there is talk of a spaghetti dinner following the ride for a donation to help the local fire company. Call Neups (434-1878) or Marshall (434-1609) for more information.

## CLASSIFIEDS

**FOR SALE:** SVBC waterbottles. Large, screw top, SVBC logo. Only \$2 each! Yellow, white, red, or gray. Contact Marcia at 432-3312, or e-mail her at [marcialamphier@hotmail.com](mailto:marcialamphier@hotmail.com).

**FOR USE:** Burley Trailer. The Club now owns a Burley Trailer for loan to members (it is a 2-seater). The first person to borrow the trailer will also store it until the next person wants to loan it. It is currently in the possession of Len VanWyk (432-0138).

**FOR SALE:** Saris Roof rack. #902 Load Bars (middle size) and 2 Upright Mounts for bikes. Fits a Toyota Camry or similar car style. The product website is <http://saris-products.com>. Load bars are great and easy to use and you get adapter clips for the car you have that are really quite inexpensive. Call Travis Lehman at 574-0204 (home) or 434-7376 (work).

**FOR SALE:** Nike road shoes. Listed as a size 10 (Euro 44), but are cut small as I wear a 9-1/2 and don't fit into them. Brand new. Make me an offer. Call Neups at 434-1878.

**FOR SALE:** All the bicycles listed below are for sale by owner. Contact information: Jeremiah at 540-442-8696 or e-mail [erinnorth@yahoo.com](mailto:erinnorth@yahoo.com).

1. Klein Attitude Race, size large, \$800 obo. Very good condition, Klein Team Fade red/yellow/white, Gradient Propriety tubing, hand built in USA, Rock Shox Judy XC fork (4 months old), XT cranks, front and rear derailleurs, Klein Mission Control Stem, Klein pressfit bottom bracket, black Syncros hardcore fork, Flite saddle, SRAM 9.0 brakes, Hutchinson kevlar tires, SPINERGY SPOX wheelset!!!

2. Cannondale R2000 Road bike, \$800 obo. Very good condition, 1999 56 cm yellow, carbon Slice fork, Shimano Ultegra components, Cinnelli Integralter stem and bar (optional), Cane Creek wheelset, Syncros post, Serfas titanium saddle, (Look style) Shimano pedals.

3. Cannondale R800 Cyclocross frame and fork, \$200 obo. 1999 56cm cyclocross frame and fork, champagne gloss, excellent condition, includes Coda V-brakes.

4. K2 Razorback Team Issued Full Suspension, size large, \$1800 obo. 2001 7005T6 series aluminum, Mega Air Noleen Performance suspensions front and rear, SRAM 9.0 front and rear derailleurs, SRAM chain and carbon 9-speed cogset, Thompson Elite post, Serfas Arc titanium/kevlar saddle, truVativ stylo ISIS drive bottom bracket/cranks, Shimano pedals, WTB Momentum C headset, KORE Elite stem, Formula B4 hydraulic disc brakes, Spinergy Xclone disc wheels, Easton riserbar.

**FOR SALE:** Yakima roof rack. Includes 2 bike trays, 2 front wheel holders, 4 Q Towers, 48" bars and clips for 1993 Saturn. Will fit any small car with right adapter clips. Old style but good condition and works great. \$100 OBO. Also have set of 4 old-style tall Yakima towers, and Yakima fairing. Each \$25 OBO. Also selling AXO Summit ATB shoes, blue/yellow/black size 44 (US 10). Shoes are in very good condition, worn only a few times. Cost over \$100 new but are wrong size. \$25 OBO. Call Drew @ 433-5713 (H) or 568-3245 (W).

**FOR SALE:** Tandem - Burley Duet - 22/19.5, 18-speed, black, new, full braze-ons, 40lbs. \$1,300. Frameset - Serotta Nova - 56cm, Raspberry metallic, 1982 vintage, road race geometry, new in box \$1,000. Contact David Kennedy 540-989-8301 or 540-767-7017.

## 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 Scott Ripley (248-5810) for more information.

## ANOTHER (close to) PERFECT DAY

2 June, 2002

I woke from a fitful sleep at 6 am to the sound of thunder. I felt my enthusiasm drain to nothing as I looked out the window at hard rain. Even though I had a rain suit, I was reluctant to wear it. I hate starting a ride in the rain. But I thought, "I've planned this for months and come all this way. I have to do this".

I was at my sister, Claudia's, house in Boxford, MA north of Boston for the second annual Essex County Heritage Ride ([www.essexheritage.org/recentnews\\_02.htm](http://www.essexheritage.org/recentnews_02.htm)). Claudia and I were signed up for the 60-mile loop. I had arranged via e-mail to rent a new Specialized Allez for the day through a local bike shop ([www.Landrys.com](http://www.Landrys.com)), which coincidentally was one of the sponsors. I was really looking forward to this event – returning to my home state, communing with my sister, and riding the longest ride I have ever been on.

But there was still the rain out there. When Claudia turned on the TV weather channel, I felt instant relief! The radar display showed that the clouds were moving out. Hope was restored!

About 100 riders started at 9 am from downtown Beverley, MA in clear, sunny skies, temperature 60 degrees. For a while, it felt like a critical mass ride with the police corking the intersections and the cars getting out of OUR way.

In a few miles were out of the city and cruising along Rt. 127 next to the Atlantic Ocean. I had forgotten what the seashore smelled like at low tide. We rode through Manchester, Magnolia, Gloucester and Essex. Our rest stop at 32 miles was on the grounds of a real castle in Ipswich. Claudia and I were looking forward to some refreshments but they had run out, so we had to wait half an hour for replenishments. Meanwhile, our legs were beginning to stiffen up a bit. Starting out again was rough for a few miles. Up to now, we had been fortunate to miss the scattered thundershowers passing through the area, but our luck ran out in Topsfield. For the first time this year, I had to pull on my new biking rain jacket for a short time. I also got to try out my new helmet rain cover, since I don't have a hood on my rain jacket. It worked great. I haven't seen this item in any of the bike shops around here. I got this one at Agee's in Richmond. I will be glad to model it for you. Back to the ride. The sun came out for our last 10 miles and we finished dead last of all participants. And again, there was no food left. The only thing we found at the finish was a local microbrewery truck. But that made up for the lack of food. A few cold ones went down real nice.

Here are our official numbers:

Start time – 9:00am	Finish time – 3:30pm
Miles biked – 59.5	Average speed – 12.3
Registration cost - \$12.00	\$1,400 bike rental - \$25.00
Round trip ticket Richmond to Boston - \$124.00	
Personal cost for biking with my sister in my old stomping grounds – priceless	

Scott Ripley

## TIME TRIAL RESULTS

July 9

10-15mph Westerly wind gusting 20-30, 90, sticky, overcast, corn about 5' tall

### Male

Craig Lowry	22:33	Kevin Reid	23:41
Bill Wightman	24:51	Neups	25:35
Dennis Herr	26:29	Steve LeDrew	27:26
Dave Frye	29:29		

### Female

Gwynne Reid	26:38	Meg O'Brien	28:45
Jody Hess	34:37		

## SCHEDULE OF EVENTS

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

**TUESDAYS**

**Time Trials, Montezuma. Officially timed from April – September, the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month at 6:30pm. On non-officially timed dates, 5:45pm, self-timed.**

**WEDNESDAYS** We leave from the Harrisonburg High School parking lot (Route 42S - 395 S. High St.) at 5:15pm for a 1-1/2 to 2 hour FUN ride. Please contact Marcia (432-3312) for more details.

Thursdays 4:30pm. Fast-paced ride leaving from the Harrisonburg High School parking lot. No waiting for stragglers. Just heavy-duty riding.

**SATURDAYS** 10am. We will continue the Saturday Rides throughout the season when there are no other scheduled rides on the calendar. Call Marcia (432-3312), Marshall (434-1609), or Bill T. (828-6635) for location and other details.

**SUNDAYS** Rides leaving from Bridgewater College at 8am. We ride 2-3 hours (40-50 miles) to have fun! Please contact Rich Harris, 828-2380, e-mail [harrisra@jmu.edu](mailto:harrisra@jmu.edu) or Marcia, 432-3312, e-mail [marcialamphier@hotmail.com](mailto:marcialamphier@hotmail.com) each Saturday for latest ride information.

**JULY 26-28** [11th Annual Shenandoah Valley Bike Festival](#). Club ride on Friday night at 5:30. Festival rides Saturday. Volunteer Recognition Ride Sunday at 9am.

**AUGUST 3** Mountain Mama Road Bike Challenge Memorial Ride. As this ride has been canceled by the Highland Medical Center, we're going to do it on our own, unsupported, and make a donation to their cause. 104 miles. Nine mountains and 10,000 feet of climbing. We'll carpool over there (meet at Bridgewater College for a 6:30am leave time – sharp!), hand out maps, and pig out on spaghetti afterwards. Call Neups or Marshall for more information.

August 4-9 10<sup>th</sup> Annual Moose Tour. Western Maine. Phone 207-743-5993, e-mail them at [info@moosetour.com](mailto:info@moosetour.com), or visit them at [www.MooseTour.com](http://www.MooseTour.com) for more information.

August 10 Freedom Tour 2002. Waynesboro. Proceeds to Benefit Big Brothers Big Sisters of the Central Blue Ridge. 24-65 miles. Post ride cook-out, prizes. Contact Pam Bennett at 540-943-9413, 540-943-7871, or [bbbsocbr@cfw.com](mailto:bbbsocbr@cfw.com) for more information.

August 10 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](mailto:AMSVU78@aol.com) for more information.

August 10-11 Massanutten Hoo-Ha. Call 1-800-207-6277 or visit [www.mountainbikevirginia.com](http://www.mountainbikevirginia.com).

August 17-24 If you haven't already, now is a great time to reserve your Sunshine Alaska Bicycle Tour. We are currently offering wonderful tour discounts on specific tours & dates. Alaskan Bicycle Treks are a great adventure option for traveling couples or friends! Buy one tour at full price and your guest receives a 25% discount! More tour information is available at [www.akbicycle.com](http://www.akbicycle.com) or e-mail us with any questions at [akbicycle@akbicycle.com](mailto:akbicycle@akbicycle.com).

**AUGUST 18** Wannabe Ride. 12:30pm, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) for more information.

**AUGUST 24** Annual Ice Cream Ride. Meet at the Food Lion parking lot on 42N (Park View area) at 9:00am. We're going to ride into the Timberville area and have a stop at the Shenville Creamery for a snack. The Club will pick up the tab. Total mileage will be 45-50. Contact Marcia (432-3312) or Neups (434-1878) for more information.

August 24 Cumberland Valley Century. Washington County (Clear Spring), MD. For more information visit [www.bikecvcc.com/cvcccentury.htm](http://www.bikecvcc.com/cvcccentury.htm).

August 25 Reston Century. 100, 62, or 31 miles. Post-tour festival from noon to 6pm with food and music. Call 703-733-0755 and leave a message for more information. Or visit <http://www.restonbikeclub.org/> for more information.

August 26-30 Vermont Escape. 225 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at [info@pedal-pa.com](mailto:info@pedal-pa.com), or visit them at [www.pedal-pa.com](http://www.pedal-pa.com) for more information.

September 1 Shenandoah Mountain 100 Mountain Bike Race. 6:30am. 12,000' of climbing. Call 540-434-2087 or visit [www.mountaintouring.com](http://www.mountaintouring.com).

- September 7 16<sup>th</sup> Annual Amish Country Tour. Dover, DE. Call them at 800-233-5368 or find a registration form online at <http://www.visitdover.com>.
- September 8** [20th Annual Shenandoah Valley Century](http://www.visitdover.com).
- September 14 8<sup>th</sup> Annual West Wicomico Heritage Ride. Pemberton Historical Park, Salisbury, MD. 32, 50, and 62 miles. Call 410-548-4900, x116 Monday – Friday, e-mail [mlustig@wicomico.org](mailto:mlustig@wicomico.org), or visit them at [www.wicomicoecandparks.org/heritage.htm](http://www.wicomicoecandparks.org/heritage.htm) for more information.
- September 14 BikeDC. 34-mile tour of the monumental core of Washington, riverfronts, and the George Washington Parkway. Register online at [www.waba.org](http://www.waba.org) . Call 202-628-2500 for more information.
- September 15 Three Creek Century. South Middleton Park, Boiling Springs, PA. 25, 50, 62, and 100-miles. Hot dogs, ice cream, and soup afterwards. Call Terry Shriver at 717-691-0236 for more information or find the registration form at [www.harrisburgbicycleclub.org](http://www.harrisburgbicycleclub.org).
- September 21 6<sup>th</sup> Annual Rappahannock RoughRide. Warrenton, VA. 12, 35, or 50+ mile paved and 20 or 30 mile paved/unpaved courses. Benefits the Fauquier Free Clinic. Call 540-347-0394 or e-mail [robmarino@starpower.net](mailto:robmarino@starpower.net) for more information.
- October 12 14<sup>th</sup> Annual Sea Gull Century. Optional rides on Friday and Sunday. 6,000 rider limit. NO ride-day registrations. Call 410-548-2772, e-mail [seagull@ssu.edu](mailto:seagull@ssu.edu), or visit them at [www.seagullcentury.org](http://www.seagullcentury.org) for more information.
- October 3-7 Rehoboth Tour. 165 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at [info@pedal-pa.com](mailto:info@pedal-pa.com), or visit them at [www.pedal-pa.com](http://www.pedal-pa.com) for more information.
- October 6-13 Cycle North Carolina, Mountains to the Coast. Begin in the Blue Ridge Mountains and cycle nearly 400 miles to the beach. Call 919-361-1133, e-mail them at [cyclenc@mindspring.com](mailto:cyclenc@mindspring.com), or visit them at <http://cyclenorthcarolina.org> for more information.
- October 18-20 Shenandoah Fall Foliage Bike Festival. Staunton. Call 540-885-2668, e-mail [info@shenandoahbike.org](mailto:info@shenandoahbike.org), or visit them at [www.ShenandoahBike.org](http://www.ShenandoahBike.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 AUGUST/September

**DAN FUNKHOUSER**  
**BRUCE MILLER**  
**KRISTIN WILSON**

**VALERIE KRAMER**  
**SHARON ROSE**  
**VICKI AND STEVEN WISE**

**JAMIE MACKIE**  
**DEE STUTZMAN**

Mary Atkins

Barbara Harris

Steven Hottle

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

## IN-TOWN RIDING

**Be vehicular.** If a cyclist acts as the driver of a vehicle, he/she is usually treated as such by other drivers.

**Be predictable.** Maintain a straight line; signal before turns and stops. Make eye contact with motorists to help communicate to them what your intentions are. Position yourself in the appropriate portion of the roadway to indicate where you are going.

**Put your foot down at stop signs.** If there are other cars at an intersection controlled by stop signs, they may be confused as to your intentions, if you do not put your foot down to show that you really are stopping. Other drivers really do appreciate the consideration.

**Keep pedaling.** If you have the right-of-way and intend to proceed through an intersection where other vehicles are approaching from side streets, do not stop pedaling. This will only confuse the other drivers as to your intentions. Keep your hands ready to apply the brakes if necessary, but keep pedaling at the same cadence until you are through the intersection.

**Be visible.** In the daytime, you should wear bright clothing that is easy to see and at night, add reflective attire along with reflectors on the bike, a bright red rear light and bright headlights that allow you to see the road ahead clearly as well as being visible to other vehicles.

**Road position is important.** Don't get too close to the curb or parked cars. By staying away from the curb, you not only avoid all of those hazards which dwell along the side of the road but you become visible much sooner to vehicles approaching from all directions. The earlier that other vehicles recognize you as part of the traffic flow the more time you allow them to plan their actions. When you position yourself away from the curb, vehicles approaching from the rear cannot mistakenly think that they can squeeze by when there is not enough room to share the lane.

Vehicles approaching from the opposite direction or from side streets and driveways will recognize that you are a vehicle if you are away from the curb where other vehicles normally travel.

**Sometimes the best road position is one block over.** Your trip might be safer and more pleasant if you avoid the busy road in favor of a parallel route. Even riders who are more comfortable riding in heavy traffic prefer a road with less traffic if one is available.

**Don't pass lines of cars by riding along the curb or on the sidewalk.** This only means that all of those cars have to pass you again. Your bicycle is a vehicle and you are responsible for acting like a vehicle.

Traffic detectors at intersections do not always recognize bicycles. Most detectors are embedded in the concrete making it difficult to know where to position your wheels since you can't see the detector.

**Be considerate to the other drivers on the road.** You have every right to be on the road, but they do also. Small courtesies are appreciated by other drivers and can help offset negative impressions that other less courteous riders may have left in their minds.

*From the newsletter of the Houston Bicycle Club, Houston, TX*

[www.hbc.Stevens.com](http://www.hbc.Stevens.com)



-BIKECENTENNIAL



-ADVENTURE CYCLING

