



## OCTOBER 2002 NEWSLETTER

### SVBC OFFICERS

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

### UPCOMING MEETINGS

October 5	9:00am	Trash pick-up starting at the Penn Laird Post Office.
October 14	5:30pm	Pre-meeting ride starting at Luigi's.
	7:00pm	Monthly meeting at Luigi's.

### SEPTEMBER MEETING MINUTES

The September meeting of the Shenandoah Valley Bicycle Club was held Monday, September 9<sup>th</sup> at 7:30pm in Luigi's backroom. There were seven members present at the meeting with four members participating in the pre-meeting ride that left Luigi's parking lot at 5:30pm. Next month the meeting will be at 7:00pm due to the shortened days. The Treasurer reported a balance of \$8,137.90, with \$350.00 in outstanding debt.

A representative from the Shenandoah Fall Foliage Bike Festival asked if any Club member would be interested in acting as a safety volunteer. Volunteers work a couple of hours each day of the festival and receive a discount on registration fees. If interested they can be contacted at [www.shenandoahbike.org](http://www.shenandoahbike.org) or phone 540-885-2688.

The Virginia Bike Federation needs an official representative from this area. If interested contact Stin

Lenkerd at 434-5522. Official representatives receive 50% off the annual meeting registration fee, which is coming up.

The wrap-up meeting for the 20<sup>th</sup> SVBC Century will be Wednesday, September 18<sup>th</sup> at Art's house. For more details if you are planning to attend, contact Art.

Saturday October 5<sup>th</sup> will be the fall trash pick-up day. Meet at 9:00am at the Penn Laird Post Office. This activity truly is "the more the merrier". Come out and support this effort.

The next meeting will be Monday October 14<sup>th</sup> at 7:00pm with the pre-meeting ride leaving Luigi's parking lot at 5:30.

The meeting was adjourned after considerable chitchat about the great century turn out and beautiful day.

Marshall

### WELCOME NEW MEMBERS

Kevin Giovanetti	Harrisonburg
Dusty Williamson	Harrisonburg
Guy & Carol Wolf	Bridgewater

### WELCOME BACK RETURNING MEMBERS

Mark Eckroth	Weyers Cave
Candy Foster Family	Port Republic
Steven Hottle	Harrisonburg
Thomas & Julie Jenkins	Harrisonburg
Valerie Kramer	Penn Laird
Stin Lenkerd	Mt. Crawford
Mark Russell	Staunton

*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>			

## 2-10-2 ON 10/1/02

Les Welsh and Mike Saunders are going to try something new – a no frills duathlon-training event. Meet on Dry River Road the same place you start the regular Tuesday night time trials. You'll rack your bikes at 5:30 and start as soon as possible after that. The first section is a 2-mile run out and back to your bike. Then you'll do the 10-mile time trial, rack your bike, and do another 2-mile run. For more information call Les at East Coast Bicycle Academy.

## ADVOCACY

**The Virginia Department of Transportation (VDOT)** has scheduled nine "regional legislative meetings on transportation initiatives with Secretary Clement and Commissioner Shucet". For more information, visit <http://virginiadot.org>.

The meeting date for our area, time, and location is:

Oct. 29, 9:00am, VDOT Harrisonburg Residency Office, 3536 North Valley Pike, Harrisonburg

**Trail Work Days** will take place on Saturdays in October, leaving from Food Lion, Route 42 South, at 9:00am. For more information call Thomas at Shenandoah Bicycle Company at 540-437-9000. Call especially if you would like to meet at the trailhead instead. We will be working on several trails in the National Forest, but one main objective this fall will be opening up the North River Trail.

### **Make Biking, Walking to School Safe, CDC Urges**

Thursday August 15, 2002 5:21 PM ET

NEW YORK (Reuters Health) - As many as 20 million US schoolchildren may be missing out on the chance to bike or walk to school--and add much needed exercise into their daily routines--due to traffic dangers, researchers at the Centers for Disease Control and Prevention (CDC) report.

Parents and communities should get together to map out safe biking and walking routes for schoolchildren, the CDC recommends.

According to the CDC, 43% of US high school students spend at least 2 hours a day watching television. Rates of overweight and obesity among youngsters have tripled since the late 1970s and now run as high as 14% among US children. Rates are even higher in African-American and Hispanic communities.

With childhood obesity skyrocketing, health experts are searching for ways to get kids moving.

Walking or biking to school is one way children can increase their activity levels, but just one in seven trips to school are made under a child's own power. The CDC identifies barriers US kids face to walking or biking to school in a study published in this Friday's issue of the agency's Morbidity and Mortality Weekly Report.

The CDC surveyed 749 US households with children between the ages of 5 and 18. Participants reported how their child got to school and what, if any, barriers existed to their child's traveling on foot or by bike.

Approximately one third of schoolchildren ride a bus and half are driven to school in private vehicles, the investigators found.

While most students live roughly 2 miles from school, a relatively long distance to walk or bike, the agency notes that "many children do not walk or bike to school even when distances are short." Only 31% of trips to school are made on foot and only 2% by bike among children living 2 miles or less from their school, the researchers report.

The survey also found that about 40% of kids don't walk or bike to school because of traffic dangers perceived by their parents. This translates to roughly 20 million US children missing the chance to keep off excess pounds.

While dangerous motor vehicle traffic is a real obstacle to children walking or biking to school, the CDC argues that public health and community-based efforts could address this concern. Parents and communities could work together to identify safe walking and biking routes to school, the agency recommends.

"Many US communities are facilitating walking and biking to school by addressing traffic safety concerns, mapping safe routes to local schools, building new schools in residential neighborhoods, and involving parents in programs such as Walking School Bus, Bike Trains and Walk to School Day," the CDC researchers note.

One such program in Marin County, California, has increased student walking and biking by 57%, the CDC points out.

SOURCE: Morbidity and Mortality Weekly Report 2002; 51:701-703.

## TIDBITS

### **Shenandoah Fall Foliage Festival October 18 - 20**

The Shenandoah Fall Foliage Bike Festival will offer a variety of rides from a 10-mile family loop each day to a century ride on Saturday, with many options in between. Lunch on Saturday will be at the Sangerville Ruritan hall near Natural Chimneys; brunch on Sunday will be at the Middlebrook Ruritan hall south of Staunton. There will be off-road routes in the Todd Lake area on Saturday and in the Sherando Lake area on Sunday with box lunches provided. Information fliers with registration forms are available at local bike shops and at the Recreation Dept. in Westover Park. The same information is on the web at [www.shenandoahbike.org](http://www.shenandoahbike.org).

### **Virginia Bicycle Federation Annual Meeting, October 19**

The annual meeting of the Virginia Bicycle Federation, a federation of clubs and individuals advocating for better bicycle facilities and laws in Virginia, will be held Saturday evening, Oct. 19 in Staunton at Shelbourne Jr. High, the host site of the Shenandoah Fall Foliage Festival. Anyone from SVBC interested in state advocacy issues is welcome to attend. The VBF has an extensive web site at [www.vabike.org](http://www.vabike.org). Directions to the school are on the web site: [www.shenandoahbike.org](http://www.shenandoahbike.org).

Stin Lenkerd has served on the board of the VBF for the past two years and is seeking another SVBC member who would be interested in replacing him. Call Stin for further information at 434-5522 or email: [lenkersh@jmu.edu](mailto:lenkersh@jmu.edu).

### **Seeking Safety Monitors for the Fall Foliage Festival, October 19 - 20**

Part of the support for riders provided by the SFFBF (Shenandoah Fall Foliage Bike Festival) on Oct 19-20 is having volunteer safety monitors located at points where there may be confusion about the routes or where there are particular traffic hazards. The monitors do not direct either bicycle or auto traffic, but provide warnings or information to the ride participants. Each monitor duty shift is for an hour and a half, allowing ride participants to continue with the ride. SFFBF participants who volunteer as monitors receive a partial rebate of their registration fee for their service. Stin Lenkerd is the monitor coordinator for this event and urges SVBC members to volunteer to serve as safety monitors for that weekend. Please call or email at 434-5522 or [lenkersh@jmu.edu](mailto:lenkersh@jmu.edu).

## 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: 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: Ski rack, Barrecrafters SR-900. Mounts on roof or hatchback. Locks both skis and rack to vehicle. Holds four pair. Make \$25 donation to SVBC. Call Sue Gier (D) 434-8877x103 or (E) 833-6800 or e-mail [suegier@shentel.net](mailto:suegier@shentel.net).

## MOUNTAIN BIKERS FIND NEW SPECIES IN WV

"Oh my gosh, it's dead!" was all I heard as we climbed up a section of single track near Snowshoe Resort a few weeks ago. Marcia had been side near the woods. As we moved kind of animal it was. Being all kinds of wildlife. It is always a species. In our biking we have seen and otherwise), grouse, hawks, owls, small animals. Neither of us had ever move, but boy was it big! The closer horn sheep, but no, not in WV, or establish a population. Curious! Well, "It's dead!" We both jumped off our wasn't dead. Picture two bikers tip better look at a dead bighorn sheep in camera ready!

Oops, boy did we feel weekend before the World Bow and Convention. We still got the picture.



watching a large animal shape off to the closer, we both began to wonder what mountain bikers you get a chance to see game to be the first to see a different bear, bobcat, turkey, deer, snakes (rattle skunks (carefully), and uncountable seen anything like this before. It didn't we got the more it looked like a big maybe they were importing them to it didn't do so well as Marcia yelled, bikes and began to inch closer incase it toeing through the tall grass to get a WV. We might be famous!! Get the

stupid. I forgot to mention this was the Hunters Championship Target Shoot

## THE 20<sup>th</sup> CENTURY

Thanks to all for making our Twentieth Annual Shenandoah Valley Century a great success. Thanks to the volunteers, to the riders, to those who brought goodies and to those who helped behind the scenes. From the great weather, to the wonderful (and lots of) food, the 20th Century was one of the best ever.

Of the 179 riders, 71 rode the century of miles, 26 did a metric century (or more), 58 did at least 50 miles, and 19 did the quarter century (5 unknown distances).

Added thanks to the riders for putting up with the extra long introduction speeches, which included Marcia presenting me with a one of a kind, 20th Annual SVC, personalized yellow jersey. Even better, thanks to our volunteers; I was able to ride – completing a metric while wearing my new jersey with pride. I am indebted, which I guess means I can't quite yet bow out of Century organizing.

Lost and Found: left at Hillandale was one helmet (with shades and gloves stuffed inside), and another set of shades. Also, a pair of gloves was found in the bathroom at Bridgewater College. If these are yours, & you can ID them, they will be yours again.

If anyone has any strong feelings on riding loops 2 & 3 backwards versus the old way, or of using Bridgewater College as the checkpoint versus Wildwood Park, let me know.

Art Fovargue, 433-9247, [fovarg@aol.com](mailto:fovarg@aol.com)

We finally got Art riding on the Century day!



## BRIDGE TO BRIDGE

RAIN. That was the operative word for Sunday, September 15<sup>th</sup>, when Al Clague and I were in Lenoir, North Carolina for the 14<sup>th</sup> riding of the Bridge to Bridge century. We started in the rain with the temperature about 65 degrees. It didn't really feel too bad. Al and I did what was a pretty good first fifty miles at 20mph. Not what we had hoped if we were to do a 6 hour ride, but we wanted to be safe, with the rain and not knowing other riders. Hell, there was a crash between two riders the first mile! And we saw some other guy at the side of the road near the beginning looking quite forlorn. Al told me he saw the guy throw his bike a good twenty feet, though he didn't know why.

After fifty miles of fairly flat riding, the road turned up. That's where the first long climb began, which actually had more recovery areas (flatter) than I thought. But it kept raining as we got on the Blue Ridge Parkway. I believe it stopped raining for about 1/2 hour, but there was a lot of fog. We rode with only one other guy from the fifty-mile mark, but a lot of riders caught us coming down off the Parkway. Then we came off the Parkway and did some more climbing, where Al and I dropped them again.

We started Grandfather Mountain, the penultimate climb, and the rain came down a little heavier. The climb was tough, with the ending being the bear they said it would be. When we reached the top, the rain came down harder and Al and I just caught the first shuttle down. We finished in 6:22 and placed #128 and #129 of 425 finishers. There were at least 687 riders registered, and we know some at the hotel decided not to ride at all that day. But we had traveled too far to not ride. And we finished not far off our mark. Al thought we would have done under six hours in good weather. Who knows?

Neups

## TIME TRIAL RESULTS

<b>July 23</b>	<b>Cloudy, corn about 6-8' tall, pouring rain at finish</b>		
	<u><b>Male</b></u>		
Kevin Reid	23:16	Neups	24:07
Mike Martin	24:25	Bill Wightman	25:09
	<u><b>Female</b></u>		
Gwynne Reid	25:40		
<b>August 13</b>	<b>94", sticky, corn 10' tall, calm wind</b>		
	<u><b>Male</b></u>		
Steve Hostetler	24:42	Jim Shuke	29:20
	<u><b>Female</b></u>		
Jody Hess	32:24		
<b>September 10</b>	<b>Windy, no corn</b>		
	<u><b>Male</b></u>		
Neups	25:16	Steve Rossi	29:33
	<u><b>Female</b></u>		
Connie Peterson	24:35	Kristin Wilson	26:22
<b>September 24</b>	<b>No real wind, no corn</b>		
	<u><b>Male</b></u>		
Kirk Hetherington	23:02	Neups	23:51
Josh Grainer	24:02	Andy Bateely	24:33
Bill Wightman	25:02	Dave Frye	28:25
	<u><b>Female</b></u>		
Becca Moore	26:24	Kristin Wilson	27:32
Meg O'Brien	28:17		

## 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.

## SCHEDULE OF EVENTS

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

### 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 9am. We ride 2-3 hours 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.**
- 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 5**                      **Adopt-A-Highway trash pick-up and ride. Come join us for a quick pick-up of trash on our section of county roads. We'll meet at the Penn Laird Post Office at 9am. Contact Neups (434-1878) or Marcia (432-3312).**
- October 5-6                      2002 Shenandoah Mountain Bike Festival, Stokesville. Group rides and trail work sessions. On-site registration located at the Stokesville Campground. Visit [www.shenandoahbicycle.com](http://www.shenandoahbicycle.com) or [www.mountaintouring.com](http://www.mountaintouring.com), call 437-9000 or 434-2087, or e-mail [info@shendoahbicycle.com](mailto:info@shendoahbicycle.com) or [mountaintouring@aol.com](mailto:mountaintouring@aol.com) for more information.
- October 5                      3<sup>rd</sup> Annual Bicycle Tour of Clarke County, Berryville. 25-or 50-miles. Call 540-955-4200, visit [www.clarkechamber.com](http://www.clarkechamber.com), or e-mail them at [info@clarkechamber.com](mailto:info@clarkechamber.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 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 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.
- October 26                      Between the Waters Bike Tour, Onancock. Also a free fun short ride on Friday afternoon and a self-guided tour on Sunday. Call them at 757-678-7157, e-mail them at [cbes@esva.net](mailto:cbes@esva.net), or visit them at [www.cbes.org](http://www.cbes.org) for more information.
- October 27**                      **Wannabe Ride. 12:30pm, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) 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 OCTOBER/November-December**

<b><u>CLIFF GARSTANG</u></b>	<b><u>HARRY C. GLENN, JR.</u></b>	<b><u>BILL &amp; ELLEN PAINTER</u></b>
<b><u>ZACK PERDUE</u></b>	<b><u>STEVE PURCELL</u></b>	<b><u>HANK SCHIEFER</u></b>
<b><u>MICHAEL W. WEAVER</u></b>		
Eric & Kristy Aschenbach	Judith Freudenthal	Sue Gier
Marshall Hammond	Brent & Judie McNett	Mahlon & Alice Webb

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.