



## JUNE 2003 NEWSLETTER

### SVBC OFFICERS

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

### UPCOMING MEETINGS

<b>June 5</b>	<b>8:00pm</b>	Shenandoah Bike Festival Meeting, Finseth/Hayes House.
<b>June 9</b>	<b>5:30pm</b>	Pre-meeting ride starting at Luigi's.
	<b>7:30pm</b>	Monthly meeting at Luigi's.

### MAY MEETING MINUTES

The May 12, 2003 meeting of the SVBC was held in the backroom of Luigi's. Three members participated in a spirited pre-meeting ride. There were 5 members present. The treasurer reported a balance of \$8,242.86.

A lively discussion on non-cycling issues was held. Try diving for instance, thanks Alice!!!!

There was no new or old business. The next meeting will be 9 June with the pre-meeting ride leaving Luigi's lot at 5:30.

After refreshments the meeting was adjourned.

Respectfully submitted,  
 Marshall Hammond  
 Secretary SVBC

### WELCOME NEW MEMBERS

Barbara Carson-Campbell	Mt. Crawford
Kenlyn and Carolyn Miller	Harrisonburg
Keith & Gretchen Trevvett	Harrisonburg

### WELCOME BACK RETURNING MEMBERS

Al and Susan Clague	Harrisonburg
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*Thanks to all the above for your continued support of the Club.*

All the area shops contribute to the Club.  
 Thanks to Mark's Bike Shop, Mole Hill Bikes, Shenandoah Bicycle Company, Blue Ridge Cycle Works, 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 Van Wyk	432-0138		
	<u>Web page</u>	<a href="http://svbikeclub.homestead.com/">http://svbikeclub.homestead.com/</a>			

## from [RoadBikeRider.com](http://RoadBikeRider.com)

UNCLE AL'S RANT: Rolling Resistance

DEAR UNCLE AL: It's obvious that low rolling resistance is a good thing. Yet trying to find solid information about the rolling resistance of different tires is a problem. Do you have a cluestick to point the way to some clarity on this issue? -- Michael R.

UNCLE AL FIRES BACK: When I opened your e-mail, I cringed at the thought of the negative reactions I might get after answering your question.

I know some of you won't agree with me, and I pretty much know your reasons. You don't need to send long e-mails to dispute the way I look at this issue. Hey, it was Mike who asked, not you!

Rolling resistance is one of the most misunderstood elements of the bike. There will be those who insist that reducing it is all about running super-high tire pressure. That is simply not the case.

Rolling resistance is dictated by several factors, one being tire construction. A top-quality clincher tire will have a threads-per-inch count ranging from 125 tpi to an astounding 440 tpi. Most companies use nylon for casing threads, going by names such as Aramid or Polyamide.

There will be 3-5 overlapping casing layers to give the tire strength, puncture resistance and good handling characteristics. The suppleness of the casing material is key to performance and reducing rolling resistance.

Another factor is the tread material. Most top-end clinchers are now using some form of silica compound, which lowers rolling resistance while increasing cornering traction.

Sounds like magic, doesn't it?

Understand that the designers and engineers behind quality tires are some of the brightest lights involved with the bike industry. We are spoiled riding tires that are as good as the stuff used in auto and motorcycle racing, yet we can buy them for just \$50.

Remember this: The best tires cost what they do because of the technology and materials that go into making them. We are the lucky beneficiaries of this high science.

The last factor affecting rolling resistance, obviously, is tire pressure. If a tire is flat, it has a whole bunch of resistance and really doesn't handle very well.

A properly inflated road tire (700x23C) at 6bar/87 psi has about the same rolling resistance as the same tire at 8bar/115 psi. But at the higher pressure, the rider gives up some of the cornering traction and comfort so necessary to cycling.

There's a perception that running tires at 115-140 psi somehow makes a rider faster. What those maximum pressures really do is accelerate wear, compromise handling and give an extremely harsh and skittish ride.

Super-high pressure also compromises the integrity of your wheels and, in the case of a high-speed blowout, can assure you of a visit with the pavement. Heavy braking while descending will heat the rims and increase pressures well beyond the danger zone.

I've talked to pros about tire pressure. They universally agree that inflation to 85-100 psi is plenty, depending on road conditions. Pressures up to 110-115 psi are fine on a smooth time trial course without many corners.

Most riders who run super-high pressure will remain unconvinced about the benefits of lower pressure. I think it's their placebo.

## WANNABES

Many of us are avid riders, but can't hang with the fast dogs. This monthly social ride is for you! It will be an opportunity to improve your skills and strength by riding with some experienced people. The rides will generally be flat and of varying lengths (usually 15 to 25 miles) depending on participant experience. No one will be dropped. Our goal is to have fun while we gain experience. Unless otherwise noted in the monthly ride schedule we will meet at 9:00 am to avoid the hot weather. Call Alice Stecker (564-1611) or Scott Ripley (248-5810) 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 Van Wyk (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 [erinorth@yahoo.com](mailto:erinorth@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).

## TIDBITS

**BikeSummer brings fun events to New York City** - The Fifth Annual BikeSummer, a month-long celebration of bicycling and bike culture, will hit the streets of New York City from June 27 to July 26, 2003. BikeSummer was founded in San Francisco in 1999 and since then has traveled to Vancouver, Chicago, and Portland, OR, leaving behind expanded, energized, and more effective cycling communities. A month full of educational and fun events, BikeSummer's East Coast debut will include rides for all ages along with bike-themed workshops, competitions, exhibits, films, parties, lectures, and more, giving locals and visitors the chance to discover the unique and healthy experience of cycling in New York City. For more information, contact: Hannah Borgeson at (212) 348-2601 or [gasiorcj@att.net](mailto:gasiorcj@att.net), or visit <http://www.bikesummer.org>.

**Harry Colman**, the rider who brought us the Waynesboro Century, had a bit of a spill April 12<sup>th</sup>. He got hung up on his buddy's rear wheel when the guy stood to pedal and wasn't quick enough to compensate for the deceleration. Harry got hung on the right side of his rear wheel, came loose, and slammed down on his right side. Road rash, a broken bone in his right hand, and a shattered right pelvis occurred. He says hi to all his Harrisonburg buddies. We wish him a speedy and total recovery. And watch out when riding with somebody and you come to a hill. Don't follow the wheel too closely and be ready when a rider stands.

## TIME TRIAL RESULTS

May 13 20+mph NW winds, diminishing then pickup to 30+, 74° feeling like 55°

		<u>Male</u>		
Neups	27:06		Steve LeDrew	30:12
David Frye	32:14			

		<u>Female</u>		
Robin Hulvey	33:23			

## SCHEDULE OF EVENTS

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

**TUESDAYS**            **Time Trials, Montezuma. Officially timed from May – 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.**

**June 1**                    **Storming Thunder Ridge Ride. 8:00am. Leave Bridgewater College and drive 1.5 hours to the Blue Ridge Parkway in Bedford County. This ride starts at the James River and climbs 3,500 feet in 12 miles to the summit of Apple Orchard Mountain on the Blue Ridge Parkway. Descend another 10 miles to the Peaks of Otter. After snacks descend again to Bedford, VA and follow back roads in the valley to the starting point. Total mileage approximately 60 miles. If you like climbing and beautiful scenery this is the ride for you. Contact Rich Harris ([harrisra@jmu.edu](mailto:harrisra@jmu.edu) or 828-2380) for details and to coordinate carpooling.**

June 13                    Tour of Shenandoah 2003. Hardest bicycle race in the mid-Atlantic region! Rockingham, Waynesboro, and Augusta. Massanutten Hill Climb, Natural Chimneys Road Race, Waynesboro Grand Prix Road Race. A United Way benefit. Sunday 25-mile fun ride open to all. Visit [www.tourofshenandoah.com](http://www.tourofshenandoah.com), e-mail [tourshen@aol.com](mailto:tourshen@aol.com), or call 434-979-2772 for more information.

June 14-21                15<sup>th</sup> Great Ohio Bicycle Adventure. Call 614-447-0971 or visit [www.goba.com](http://www.goba.com).

- June 20-25 16<sup>th</sup> Annual Bike Virginia, Tour de Virginias. Winchester. Visit [www.bikevirginia.org](http://www.bikevirginia.org) for more information.
- JUNE 21 Highland County ride. Leave Bridgewater College at 8:00am to carpool to Monterey, VA or meet the group at 9:00 AM in Monterey at the Medical Center. Jim Brown will lead us on a 45-50 mile ride through the mountains of Highland County. This is the first part of the Mountain Mama Century that will be held Saturday, August 2. If you like climbing and beautiful mountain scenery this is the ride for you. Questions call Rich Harris, 828-2380 or e-mail Jim Brown at [jimbrownpta@yahoo.com](mailto:jimbrownpta@yahoo.com).**
- JUNE 22 IMBA EPIC: Southern Traverse Mountain Bike Ride + fire road return. Leave Bridgewater College at 7:15am. Approximately 50 miles with single track and fire road, hopefully no pavement. I am taking maps so expect the worst. Call Marshall @ 540-434-1609 for details.**
- June 21-29 Northwoods to Capitol Tour. Wautoma to Washburn, Wisconsin. Visit [www.bikenorthwoods.com](http://www.bikenorthwoods.com) for more information.
- June 28 The Great American Cycling Extravaganza: A Fresh Taste of Delmarva. Salisbury, MD. Great routes, rest stop food like you've never had before, a dedicated support staff, free tickets to a post-ride baseball game, and fireworks. Visit [www.healthyudelmarva.org](http://www.healthyudelmarva.org) for more information.
- June 28-29 24 Hours of Snowshoe. Course information and entry forms at [www.grannygear.com](http://www.grannygear.com). You can also call 304-259-5533.
- June 29 18<sup>th</sup> Annual Bay to Bay Ride. Betterton, MD. 50-104 miles, flat. Proceeds to benefit Lions Club Leader Dog Program for the Blind. Send S.A.S.E. to Jim Gent, 7 Cedar Chase Ct., Chestertown, MD 21620-1665, or find them on [www.active.com](http://www.active.com).
- July 6-13 5<sup>th</sup> Annual Bike Ride Across New York. 400-mile, 8-days from Buffalo to Albany along the historic and scenic Erie Canal. Visit [www.nypca.org/canaltour](http://www.nypca.org/canaltour), call 518-434-1583, or e-mail them at [canaltour@nypca.org](mailto:canaltour@nypca.org) for more information.
- July 11-19 Lighthouse Tour. Nova Scotia's coast. Sponsored by the Can-Am Wheelers. Call 207-743-9018, e-mail them at [cycle@canamwheelers.com](mailto:cycle@canamwheelers.com), or visit [www.canamwheelers.com](http://www.canamwheelers.com) for more information.
- July 12-19 Penn Central. Slippery Rock University to Easton, PA. 450 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at [info@pedal-pa.com](mailto:info@pedal-pa.com), or visit [www.pedal-pa.com](http://www.pedal-pa.com) for more information.
- July 13-18 4<sup>th</sup> Annual Coastal Tour. Tours along the Maine coast. A lobster bake is included with the trip. Call 207-743-5993, e-mail them at [info@coastaltour.com](mailto:info@coastaltour.com), or visit [www.CoastalTour.com](http://www.CoastalTour.com) for more information.
- July 19-25 The 15<sup>th</sup> Annual Cycle across Maryland. This year's start is in St. Mary's City. E-mail them at [CAM@onelesscar.org](mailto:CAM@onelesscar.org), [info@cyclexmd.org](mailto:info@cyclexmd.org), or visit [www.onelesscar.org](http://www.onelesscar.org) for more information.

- July 20-26 The Bon Ton Roulet. Finger Lakes region of New York. 309 miles. Call 607-756-2893 or visit [www.bontonroulet.com](http://www.bontonroulet.com) for more information.
- July 20-26 9<sup>th</sup> Annual Bicycle Tour of Colorado. The Colorado Springs Loop. Visit [www.BicycleTourColo.com](http://www.BicycleTourColo.com).
- JULY 26** **12<sup>th</sup> Annual Shenandoah Valley Bike Festival. Club ride on Friday night at 5:30. Festival rides Saturday. Volunteer Recognition Ride Sunday at 9am.**
- July 26 3<sup>rd</sup> Annual To The Rescue Bicycle Tour. Toano, VA. 25 – 100 miles. Registration includes post-ride meal. Visit [www.jcvfr.com](http://www.jcvfr.com), e-mail [RescueRide@aol.com](mailto:RescueRide@aol.com), or call T.D. Langston at 757-566-2126 for more information.
- July 31 – Aug. 26 Northcountry Challenge. Labrador, Newfoundland, Nova Scotia, and Quebec. Sponsored by the Can-Am Wheelers. Call 207-743-9018, e-mail them at [cycle@canamwheelers.com](mailto:cycle@canamwheelers.com), or visit [www.canamwheelers.com](http://www.canamwheelers.com) for more information.
- August 3-7 Mennonite Central Committee Bike Skyline Virginia. One night in a lodge, four nights camping. Fundraiser. Register by June 1. Call Lisa Zimmerman at 717-859-1151 or e-mail [lmz@mcc.org](mailto:lmz@mcc.org) for more information.
- August 3-8 11<sup>th</sup> Annual Moose Tour. Western Maine, 330 miles. Phone 207-743-5993, e-mail them at [info@moosetour.com](mailto:info@moosetour.com), or visit [www.MooseTour.com](http://www.MooseTour.com) for more information.
- August 9 Freedom Tour, Waynesboro. Proceeds to Benefit Big Brothers Big Sisters of the Central Blue Ridge. 40, 65, or 100 miles. Post ride cook-out, prizes. Contact Big Brothers Big Sisters at 540-943-7871 or e-mail [bbbsocbr@ntelos.net](mailto:bbbsocbr@ntelos.net) for more information.
- August 9-15 Adirondack & Lake Champlain Region. Burlington, VT loop. 375 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at [info@pedal-pa.com](mailto:info@pedal-pa.com), or visit [www.pedal-pa.com](http://www.pedal-pa.com) for more information.
- August 31 15<sup>th</sup> Tour de Valley Century, Waynesboro. You can Contact Pam Bennett at 540-943-9413 or [pingg62@yahoo.com](mailto:pingg62@yahoo.com) for more information.
- Sept. 27 – October 5 Bicycling Ministry Across New England. Augusta, ME to Hartford, CT. Call 434-525-9552, visit [www.wheelpower.org](http://www.wheelpower.org), or e-mail them at [info@wheelpower.org](mailto:info@wheelpower.org) for more information.
- October 4-11 5<sup>th</sup> Annual Cycle North Carolina. Mountains to the Coast. Call 919-361-1133 or visit [www.cyclenorthcarolina.org](http://www.cyclenorthcarolina.org) for more information.
- October 17-19 13<sup>th</sup> Annual Shenandoah Fall Festival. Visit [www.bikevirginia.org](http://www.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

**CHARDIN DETRICH**  
**STEVEN HOSTETLER**  
**ERIC SHY**

Butch Reedy

**CARL DROMS**  
**DANIEL J. NEHER**

Richard Wettstone

**W.R. GOOD**  
**SHEILA AND TERRY NEWMAN**

Steve Zumbro

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.

### Riding in Traffic

Rather than waiting for some government agency to create a second class facility for you and your children, learn how to ride in traffic. Try reading John Allen's Street Smarts: <http://www.bikexpert.com/streetsmarts/usa/index.htm>

Ken Kifer's site deals with the subject in a down to earth way: <http://www.kenkifer.com/bikepages/>

Get out and ride with knowledgeable people. I think you'll find, if you are willing to learn, that cycling is a safe and fun activity.

### Smarter, Not Harder

**Tip 1. Why Cycling Shoes are Better.** Rigid shoes prevent pressure points that cause sore feet and transfer power more efficiently to the pedals. Uppers are designed for snug fit, and made of durable, easy-to-care-for materials. Strap closures, laces or both allow for precise adjustment to give the best combination of comfort and efficiency. Straps can be adjusted for comfort while riding. Cleats for better grip. Positive shoe-to-pedal connection gives more security and consistent power throughout the pedal stroke. Cycle faster while using less energy.

**Tip 2. Pedal Smarter, Not Harder.** Work on a smooth pedal stroke. Instead of an up-and-down motion, try powering through more of a complete circle. Imagine you are scraping mud off the bottom of your shoe as you rotate through the top and bottom of each stroke. You'll be amazed at your increased efficiency. Higher RPMs. Turning the cranks at 75-95 revolutions per minute in a lower gear is easier on your knees, leaves you with more energy and promotes better cardiovascular fitness. Maintain a higher RPM by anticipating your shift. Get into an easier gear before your cadence gets too low. Don't pedal with your upper body. Excess upper body motion wastes energy. Keep a relaxed, in-control hold on the handlebar. Use your torso to stabilize your hips for stronger leg thrust. Cleated cycling shoes help you achieve a smooth pedal stroke because their solid connection to the pedals allows you to apply power through more of the revolution.

**Tip 3. Practice First.** Try your new clipless shoes and pedals before you venture out on to the road or trail. Practice engaging and disengaging while straddling your bike, at least ten times with each foot. Learn which foot you're most comfortable disengaging and put that foot down first when you stop. Practice engaging and releasing while riding at slow speed in an area with no traffic. Plan ahead and release your foot about five feet before you want to stop.

**Tip 4. Road and Off-Road Shoes - What's the Difference?** Road shoes have cleats and stiff soles for comfortable, maximum power transmission to the pedals. They are generally designed to provide the ultimate in pedaling performance so they're as light and efficient as possible. Some models have features that suit them to walking. Off-road shoes are designed for the trail environment so they include a thicker lugged sole for traction when walking. They have a more flexible sole, and often have a midsole for cushioning. The cleat is recessed for more stable footing and traction.

**Tip 5. Why Are 'Clipless' Pedals So Popular?** For years, and even today, toeclips have been a way of adding more power to your pedaling. A newer and easier to use option is now available. Inspired by the releasable bindings on skis, clipless pedals hold your foot securely by engaging a simple plate, called a cleat mounted on the shoe. Since their introduction in the 1980's, they've been widely adopted by professional and recreational road and off-road riders. Recreational riders use them because: A solid connection between you and the pedals makes for more efficient transmission of your leg's power. Ease of entry means there is no need to tighten or loosen toe straps. Easy to release when stopping or in case of emergency. Side-to-side float that reduces knee strain is available on some models

- Easier -to-walk -in models are available for comfortable off-bike use.
- From The Mining Company's bicycling site: <http://bicycling.miningco.com/msub 2.htm>