JUNE 2003 NEWSLETTER

UPCOMING MEETINGS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>June 5</td>
<td>8:00pm</td>
<td>Shenandoah Bike Festival Meeting, Finseth/Hayes House.</td>
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<tr>
<td>June 9</td>
<td>5:30pm</td>
<td>Pre-meeting ride starting at Luigi’s.</td>
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<td></td>
<td>7:30pm</td>
<td>Monthly meeting at Luigi’s.</td>
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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

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 OFFICERS

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

SVBC ACTIVITY COORDINATORS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Contact</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Century</td>
<td>Art Fovargue</td>
<td>433-9247</td>
</tr>
<tr>
<td>Rides</td>
<td>Bill Taylor</td>
<td>828-6635</td>
</tr>
<tr>
<td>Newsletter</td>
<td>Neups</td>
<td>434-1878</td>
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<tr>
<td>Bike Festival</td>
<td>Dan Finseth</td>
<td>438-8063</td>
</tr>
<tr>
<td>Advocacy</td>
<td>Len Van Wyk</td>
<td>432-0138</td>
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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 clue stick 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.
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 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 derailleur, 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, Cinelli Integrater 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.


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.

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, or visit http://www.bikesummer.org.

Harry Colman, the rider who brought us the Waynesboro Century, had a bit of a spill April 12th. 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°

Male
Neups  27:06       Steve LeDrew  30:12
David Frye  32:14

Female
Robin Hulvey  33:23

SCHEDULE OF EVENTS
Helmets are required on all Club rides.

TUESDAYS  Time Trials, Montezuma. Officially timed from May – September, the 2nd and 4th 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.


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 or Marcia, 432-3312, e-mail 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 or 828-2380) for details and to coordinate carpooling.


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.

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 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 for more information.


June 29  18th 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.

July 6-13  5th 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, call 518-434-1583, or e-mail them at 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, or visit 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, or visit www.pedal-pa.com for more information.

July 13-18  4th 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, or visit www.CoastalTour.com for more information.

July 19-25  The 15th Annual Cycle across Maryland. This year’s start is in St. Mary’s City. E-mail them at CAM@onelesscar.org, info@cyclemd.org, or visit www.onelesscar.org for more information.


JULY 26 **12th Annual Shenandoah Valley Bike Festival.** Club ride on Friday night at 5:30. Festival rides Saturday. Volunteer Recognition Ride Sunday at 9am.

July 26 3rd Annual To The Rescue Bicycle Tour. Toano, VA. 25 – 100 miles. Registration includes post-ride meal. Visit www.jcfr.com, e-mail 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, or visit 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 for more information.

August 3-8 11th Annual Moose Tour. Western Maine, 330 miles. Phone 207-743-5993, e-mail them at info@moosetour.com, or visit 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 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, or visit www.pedal-pa.com for more information.

August 31 15th Tour de Valley Century, Waynesboro. You can Contact Pam Bennett at 540-943-9413 or pingr62@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, or e-mail them at info@wheelpower.org for more information.

October 4-11 5th Annual Cycle North Carolina. Mountains to the Coast. Call 919-361-1133 or visit www.cyclenorthcarolina.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  CARL DROMS  W.R. GOOD
STEVEN HOSTETLER  DANIEL J. NEHER  SHEILA AND TERRY NEWMAN
ERIC SHY  Butch Reedy  Richard Wettstone  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 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