



SEPTEMBER 2003 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

September 1	9:00am	Workers' Century. Meet at Bridgewater College. Call Art for info.
September 3	8:00pm	Century Meeting at Art's house.
September 8	5:30pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

AUGUST MEETING MINUTES

The August 11, 2003 meeting of the SVBC was held in the backroom of Luigi's. Four members were present for the 5:30 pre-meeting ride that left from Luigi's parking lot. Thomas, Julie, Marcia, and Marshall had a great social ride and checked out the slab at the Bank Church. There were 6.5 members present for the meeting (Len's daughter got the .5 vote, she liked the cheese crisp, obviously Len never feeds her). The treasurer reported a balance of \$8,372.86.

There will be a Festival "wrap-up" meeting at Dan and Betsy's house August 26th. If you have any thoughts on how things did or didn't go please plan on attending. See the "Schedule of Events" for details.

Anyone with maps or routes they like can have them linked to the SVBC website via Neups. He is hoping to provide links to our Century, Festival Rides, and other local rides. Numerous times during the year we get requests from individuals cycling in the area for routes. Contact Neups if you have a route you would like to see published.

Coming soon to a newsletter near you will be Neups's account of his trip to France. Just slightly under War and Peace in length it will be serialized on a

monthly basis. Something to look forward to and it will allow us to enjoy the trip of a lifetime from a cyclist's perspective. Thanks, Neups.

The Ice Cream Ride is August 23rd leaving from Mr. J's North 42 at 9am. This social ride will include a stop at the Shen Ville Creamery for ice cream or whatever as the Club picks up the tab.

From a mountain bike perspective the summer has been full of races. The SBC gang has been tearing up the competition as well as local Jeremiah Bishop gaining national wins and podium spots. Coming up is the Shenandoah 100 at Stokesville August 31st, see SMT's website or contact Chris Scott for more details. Happy trails from the SMBC gang.

The next pre-meeting ride and meeting will be Sept. 8th at 5:30 and 7:30 respectively.

Don't forget to support YOUR 21st Annual SVBC Century Sept. 14th!

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Paul D. Johnson	Luray
Len Moyerman	Seaford, DE
Keith Sandum	Harrisonburg
Bruce Wallinger	Mt. Jackson

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, 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
	Web page	http://svbikeclub.homestead.com/			

SHENANDOAH VALLEY CENTURY

27 days and counting until the 21st Annual Shenandoah Valley Century on Sunday, September 14 (at least as of when I'm writing this). This annual event offers rides of 25, 50 or 100 miles in length and attracts riders from throughout Virginia and beyond. The Century committee has been hard at work sending out information to other bike clubs and shops, distributing posters and brochures, and planning the various details that are required. We have one more planning meeting scheduled for Wednesday, September 3 – if you can help out with last minute details let me know.

Also, the “Workers’ Century”, where we mark the roads, is scheduled for 9:00am, September 1 – meet at Bridgewater College, Kline Campus Center. Helpers needed here, too.

Since the Century is right around the corner, it is of course time for me to continue my plea for helpers. We are in need of registrants, parkers, sag drivers, and check point workers on the day of the ride. Volunteer for a half or full day. If you think you can help out some on September 14, please give me a call (433-9247) or e-mail me at fovarg@aol.com.

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 please bring your best to Shelter #11 in Hillandale the morning of the 14th, or to my house the evening before (I promise not to sample). Thanks.

Art Fovargue

Karen Baldwin will again supply massage therapy after the century, as she has for the past several years. She is a nationally certified massage therapist, a member of AMTA, and is proficient at myofascial release, deep tissue, and Swedish massage. If you'd like to make an appointment with her, her number is 564-9819 x2.

ADVOCACY

In a marked departure from past practices, VDOT's Commonwealth Transportation Board will hold nine regional "pre-allocation" public hearings this fall, 6 to 8 months in advance of finalizing the annual Six-Year Improvement Program update for FY05-FY10. Furthermore, a new format, featuring EVENING meetings and background presentations, will be used to facilitate public participation.

The meeting date for the Staunton District is October 9. More details should be posted soon at <http://virginiadot.org/projects/publicinvolvement.asp>. Use this opportunity to propose specific projects, policies, and practices for better bicycling and walking in your region.

TIDBITS

3 AND FREE. Don't forget that volunteering with three events earns you a free membership with the Club for the next year. Help out with the trash pick-up, Festival, Century, Wannabes, or any other Club activity to earn points towards this program.

A LOT CAN HAPPEN MID-MONTH. To stay in-the-know, make sure Neups has your e-mail address, even if you don't want the newsletter delivered via this medium. Ride and meeting changes, extra articles, and other

items are sent via e-mail that never make it into the newsletter. Send your address to SVBC-NL-editor@att.net today.

FRANCE (part 1)

I've had it in my head for a while now to go to France and climb the same mountains the racers do in the Tour de France. Last year I finally decided my time had come. I searched ads in *Bicycling*, *Adventure Cycling*, and other publications. I went on the Web and did more searching. I reviewed tour companies' itineraries. If I were going to spend all that time and money getting overseas, I certainly wanted the riding to be my focus. From tips to the Rockies, I knew I wanted to average 60-70 miles a day. Finally, I found a tour that went not only to see the Tour de France, but also to actually ride. I was so intent on getting a spot, that when registration opened, I was the first one to send in my information.

That was November. From the itinerary I knew we would climb one major mountain pass on most days, with two passes on some days and three passes on one day out of the fifteen. I'd also have one rest day in the middle. This matched what I had done in the Rockies. I spent the winter and the soggy spring (and summer) getting ready to climb. I also hoped the rains here didn't mean a washout in France in July.

July 5, 2003 – Day 1 – Travel

Flying never thrills me. I had concerns for my bicycle on this trip, for if that had problems, what use was going to France? I got to the airport 2-1/2 hours early and found the front desk wasn't even manned yet. After previous flights in the year where my whole luggage was checked, and it being a holiday weekend, I thought security might be on high alert. But they just swiped my bike case and my luggage and told me to have a good flight. What do you do in a regional airport for two hours where the snack shop is not even open? Robin and I drove to Grottoes and had a drink and split a cheese danish to help pass the time.

The flight to Pittsburgh was uneventful and I enjoyed lunch, browsing, and some reading during the

layover. My first transatlantic/international flight was next. The airline took good care of us. I'll start by saying there was no charge for a bicycle case as I was flying internationally. We had a snack an hour in and then a good dinner an hour after that. I watched "The Pianist" and several short programs. Sleep was not occurring, due to the children who stayed up and made noise all night and the fact that the flight attendants decided we needed another snack (a cheese danish, no less). To serve this snack, all the cabin lights were turned on, which promptly shook me out of the little slumber I was getting.

The airport in Frankfurt, Germany is huge. It had a lot of smoking areas, which seemed to not have good ventilation out of the building. I've lost six hours and am slightly tired. I could swear a cleaning lady came into the men's restroom to do her work while we were in there.

July 6 – Day 2 – More travel and warm-up

I did a quick wash in the Frankfurt terminal before my flight to Geneva, Switzerland. Again, an uneventful flight and I found my tour group's escort after collecting my bags. We drove the five minutes across the border to France and our hotel and I found my room and met my roommate for the night, Charlie. After that I went to assemble my bicycle, which came through unscathed. I had it together in time to take the afternoon spin. We rode 35 miles back into Switzerland and along the lake, then cut into the back roads. There I saw apple orchards with a rose bush at the end of each row. I also realized that dotted white lines on the road do not mean it is one-way. We washed and met downstairs for our first night's group gathering.

Neups

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 on the 3rd Sunday at 9:00 am to avoid the hot weather. Call Alice Stecker (564-1611) or Scott Ripley (248-5810) for more information.

There were six riders on the last Wannabe ride and they rode a total of 140 miles. The cumulative total for all Wannabe rides is now 542.

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: Contact information: Jeremiah at 540-442-8696 or e-mail erinnorth@yahoo.com. 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: 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.

TIME TRIAL RESULTS

August 12 light wind, sunny, 82°, humid, corn 10' tall

Male

Kevin Reid	23:26	Neups	23:52
Bruce Miller	25:21	Jason Wallenhorst	25:23
Steve LaDrew	25:47	Cowles Andrus	27:41
Jim Schuke	28:20	Bruce Johnson	28:36
David Frye	29:35		

Female

Connie Peterson	25:34	Robin Hulvey	29:55
Jen Bowman	29:56	Barbara Carson-Campbell	30:03

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	WEDNESDAY NIGHT RIDE. 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	SATURDAY RIDES. We will continue these throughout the season when there are no other scheduled rides on the calendar. 10am. 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.
THIRD SUNDAY	WANNABE RIDE. These will now always be on the 3rd Sunday of the month. 9:00am, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) for more information.
SEPTEMBER 1	WORKER'S CENTURY, 9am. Meet at Bridgewater College. Come help mark the course for this year's SVC.
SEPTEMBER 14	<u>21ST ANNUAL SHENANDOAH VALLEY CENTURY.</u>

Tuesdays	Urban Rides. Ride 1-2 hours from the Shenandoah Bicycle Company at 5:30pm. Call 437-9000 or e-mail info@shenandoahbicycle.com for more information.
Thursdays	4:30pm. Fast-paced ride leaving from the Harrisonburg High School parking lot. No waiting for stragglers. Just heavy-duty riding.
Thru September	Norfolk Botanical Garden will be holding Summer Bike Nights. 12 miles of paved pathways for cyclists to enjoy. Mondays 1 - 8 p.m.; Wednesdays and Thursdays from 4 - 8 p.m. Restrooms, water and soda machines are located in the Garden, and picnic facilities are available on a first-come-first-served basis. Contact Eva Lynn Rudiger, evalynn_nbg@yahoo.com , (757) 441-5830 ext. 341
August 31	15 th Tour de Valley Century, Waynesboro. You can Contact Pam Bennett at 540-943-9413 or pingg62@yahoo.com for more information.
September 4-7	25 th Annual Great Peanut Bicycle Tour & Rides, Emporia. Call them at 1-800-449-2453, e-mail them at rcw@telpage.net , or visit www.greatpeanuttour.com for more information.
September 7	Kernstown Battlefield Preservation Ride, Winchester. 10am. Rides of 25 and 55 miles and a tour of the Kernstown Battlefield site. E-mail mperry@visuallink.com , or phone 540-662-1510 for more information.
September 13	9 th Annual West Wicomico Heritage Ride. Pemberton Historical Park, Salisbury, MD. 32, 50, and 62 miles. Call 410-548-4900, Monday – Friday 8am-5pm, e-mail pembertonpark@wicomico.org , or visit www.wicomicorecandparks.org/heritage.htm for more information.
September 19	The Midnight Rider, Virginia Beach. Go to www.neptunefestival.com , e-mail info@brickellpr.com , or call 757-463-4500 for more information.

- September 20 7th Annual Rappahannock RoughRide. Warrenton, VA. 12, 35, or 60 mile paved and 20 or 30 mile paved/unpaved courses. Benefits the Fauquier Free Clinic. Call 540-675-1942 or e-mail fauquierfreeclin@mindspring.com for more information.
- September 21 PPTC Century. Berryville, VA. Show and go between 7 and 9am. 24, 50, 62, and 100 miles. Includes long-sleeved t-shirt. For more information, go online to www.bikepptc.org.
- September 27 6th Annual Family Fun Day on the Bay Bike/Walk. Call 757-331-2960 or visit www.cbbt.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.
- September 28 Artie Levin Memorial Bicycle Rides, Buchanan. Rides of 45, 70, and 100 miles. Contact Kevin McDonough at brbc@mailitplus.com, 540-772-7612, or visit www.blueridgebicycleclub.com for more information.
- October 4 Sequatchie Valley Century. Fully supported ride through the beautiful, rolling Sequatchie Valley - all the amenities - full, metric, and quarter century options with a new 10-mile fun ride. www.chattbike.com or DaisyBRider@cs.com or 706-820-1157.
- October 4-11 5th Annual Cycle North Carolina. Mountains to the Coast. Call 919-361-1133 or visit www.cyclenorthcarolina.org for more information.
- October 17-19 13th Annual Shenandoah Fall Festival. Visit www.shenandoahbike.org, call 540-855-2668, or e-mail info@shenandoahbike.org for more information.
- October 17-19 Ocoee Fat Tire Festival. Fun for the whole family as well as a challenge for the experienced riders - guided rides of all levels - mountain bike clinics - meals provided - camping at site - activities and rides both days - pancake cookoff. www.chattbike.com or DaisyBRider@cs.com or 706-820-1157.
- October 25 Virginia Environmental Assembly, Roanoke. Contact Ellen Shepard at ellenshepard@yahoo.com or 540-362-3538 with any questions.
- October 25 Between the Waters Bike Tour, Cape Charles. 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, or visit www.cbes.org for more information.
- November 21-28 Florida Keys Bicycle Jaunt. An In Motion Event. Visit www.floridakeysbicycletour.com 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

STEVEN HOTTLE**TERRI PRODOEHL**

Mark Eckroth

Thomas & Julie Jenkins

Bill & Ellen Painter

Bill Wightman

RUSSELL KENNEY

Candy Foster Family

Stin Lenkerd

Mark L. & Holly Russell

Dusty Williamson

ROBERT LATHAM

Kevin Giovanetti

Meg O'Brien

Hank Schiefer

Guy & Carol Wolf

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.