

OCTOBER 2003 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

October 13 7:00pm Monthly meeting at Luigi's. Note new time.

SEPTEMBER MEETING MINUTES

The September 8th, 2003 meeting of the SVBC was held in the backroom of Luigi's. Two members were present for the 5:30 pre-meeting ride that left from Luigi's parking lot. September was the last pre-meeting ride for the year and meetings will move to 7pm beginning in October. There were six members present for the meeting. The treasurer reported a balance of \$8,837.91

Proceeds from the Bike Festival totaled \$900.00 and a check was written to Our Community Place. Thomas Jenkins presented the check to OCP during their community gathering Sat. September 13th. Thanks to all who supported the Festival and to OCP for their help.

The Shenandoah Mountain Bike Festival will be at the Stokesville Campground October 10-12. Come support our partnered club. Various rides will be

offered and extensive trail work will be conducted during this fun camping and biking weekend.

For more information contact the SMBC [info@shenandoahmountainbikeclub.com].

Trash pick-up and ride will be October 18th. Meet at the Penn Laird Post Office. Check the Events page for more details.

The next meeting will be October 13th at 7pm. Remember no pre-meeting ride.

Charge those lights and get the fat tires pumped up, it is getting to be Fall. Still plenty of time to ride and enjoy the wonderful colors and temperatures associated with this time of year.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Harold (Bert) Bergdoll	Broadway
Barb Graves	Harrisonburg
Kay Lynn Lehman	Harrisonburg
Paul & Sue Lottridge	Harrisonburg
Woody Strawderman	Harrisonburg

WELCOME BACK RETURNING MEMBERS

Mary Atkins	Carl Droms	Mark Eckroth
Kevin Giovanetti	Marshall Hammond	Jody Hensley
Steve Hottle	Bruce Johnson	Bruce Miller
Bill & Ellen Painter	Terri Prodoehl	Mark & Holly Russell
Hank Schiefer	Bill & Meg Wightman	Dusty Williamson

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 RR 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>	http://svbikeclub.homestead.com/			

ADVOCACY

As stated in the last newsletter, VDOT's Commonwealth Transportation Board will hold nine regional "pre-allocation" public hearings this fall. To our benefit, the Staunton district meeting on 10/9 is in Broadway. It will be at Broadway High School, 269 Gobbler Drive, Broadway, from 5-7pm. Let's have a good showing and help our area's bicycling.

CLASSIFIEDS

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.

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.

2003 SVBF RIDE VOLUNTEERS

I would like to thank the following bike club members for all of their help during the weekend of the bike festival. This year's event was a huge success. We truly appreciate all your efforts.

Bruce Miller Art Fovargue Mary Atkins Sharon Rose Rich Harris Scott Ripley
Alice Stecker Jody Hensley Jody Hess

--marcia

FRANCE (part 2)

July 7 – Day 3 – Tour time – time to start climbing

Today we got a taste of our climbs yet to come. After riding through Geneva's traffic, over their red-cobblestone pedestrian crossways, passing by the carnival on the river, and then crossing the Rhone River, we climbed Mont Saleve (about 1300m/4264'). The road started as a double chevron (road grade of 9-13%), but then settled down to a single chevron (road grade of 5-9%). Triple chevrons are 13%+ grades. Some had jet lag in their legs yet, but I felt pretty good. The views were good. We wound our way towards Annecy, but then took a turn that took us down a 15% grade (and into a lot of insects). At the bottom Charlie was too anxious to wait for the others, didn't check his map, and went left, which ended up going to Italy. The rest of the group stayed on course and climbed the Col de Bluffy (630m/2066'). Charlie eventually returned to the route and told us of his adventure that threatened to take him into Italy. We then dropped (some realizing this was our way out tomorrow morning) to Lac d'Annecy. I got too excited by the downhill that I led us past our turnoff for our hotel and we had to climb back up a bit. We found our turn and followed the lake's shore to our hotel, a converted Abby. I had a swim in the lake, an amazing two-hour meal, found out that cotton buds are Q-Tips, and a restful sleep after our 61-mile, 6200' elevation gain day.

July 8 – Day 4 – Are you kidding me?

The first order of the day was to climb out of our lake retreat. Maybe I shouldn't have eaten all that good food at breakfast. Once we're back on the main road, we start the climb up the Col de la Forclaz (1150m/3772'). This gave us some more views of Lac d'Annecy at the start of the climb, but went to a double chevron near the end. We took a cool descent, with parts at 13%, and had some flat land to regain our legs. Then we started up the Col du Marais (843m/2765'), with a small section of double chevron. After this descent, and the next two, we get no rest. We start up immediately. Our next climb is the Col de la Croix-Fry

(1477m/4845'). Halfway up, where we have a section of double chevron, some of us stopped for fresh-baked pastry. I've noticed a lot of recycling containers; some in places you wouldn't think would have enough recycling. There are also a lot of public toilets – more glorified port-o-johns than anything else. Cows make the mountains musical with their bells. Construction of houses all seems to need a crane – maybe because the houses are on mountains. But they're all nice and in good condition. Many bicyclists are out riding the roads, even though it's a weekday.

We're immediately on the climb up the Col des Aravis (1487m/4877'). It's thankfully a single chevron climb. The views at the top are wonderful and we can still see Mont Blanc. A quick tunnel brings us out in Flumet and we go around the traffic circle to start our climb up the single chevron Col des Saisies (1650m/5412'). The flies have come out and seem to bother anyone going 8mph or less, which is our whole group. The climbs have taken a toll on most of us and we're anxious to reach the summit. Once there we decide to partake in the local food and atmosphere of this ski area. I ordered a chocolate crepe and some Orangina.

Our descent is fun, but like most, not as speedy as I would have thought. The Alps have many switchbacks and you don't go too far before coming upon another one. My top speed for the day is only 39mph. I can't say that for the drivers of cars, as they all seem to fly down the cols. Once off the switchbacks and onto the road to Albertville, we follow the river through beautiful scenery. Albertville is bustling with activity when we get there. After a good shower, we had time to preview the town before another amazing supper. Our hotels never had air conditioning, but it mattered little when it was time for sleep. We had done 75 miles and 10,200' of climbing.

Neups

TIDBITS

Thank you. The SVBC received a thank you note in recognition of our support during the recent Matthew Smith Bike-A-Thon held in Bergton. We would like to extend a special thanks to club members Scott Ripley & Diane Livick for all their efforts in organizing and participating in this event which raised \$6,000.

THE AMAZING BANANA

After Reading THIS, you'll NEVER look at the Banana in the same way again!! In fact, I think I'll go get some this evening....

Doctors - Home Remedy If you want a quick fix for flagging energy levels there's no better snack than a banana. Containing three natural sugars - sucrose, fructose and glucose - combined with fiber a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90 minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt making it the perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break and lunch in a bid to boost their brain power. Research has shown that the potassium packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milk shake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heart burn: Bananas have a natural antacid effect in the body so if you suffer from heart burn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over chronicler cases. It also neutralizes over acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

Smoking: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, there by reducing our potassium levels. These can be re-balanced with the help of a high potassium banana snack.

Strokes: According to research in 'The New England Journal of Medicine' eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that, if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So you see a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. And bananas don't need a doctor's prescription, and I doubt there are many people who have been warned off of bananas by doctors; bananas are just another fruit in that popular food type.

So maybe its time to change that well known phrase so that we say, "A Banana a day keeps the doctor away."

ICE CREAM RIDE RECAP

What to wear...vest, arm warmers, knickers, hmm...thus began the annual summer, aka fall, ice cream ride to the Shenandoah Creamery outside of Timberville. Saturday, 9:00am, a perfect day, yes I could have slept another hour, had another blueberry muffin, but I opted for the ride, along with eight other souls. The plan, to meet at Mr. J's north of town, ride to the Creamery, than back to Harrisonburg. With Marcia as guide, and Jody in the lead, the comradery of the group quickly made up for any sense of sleep deprivation. As we started out the countryside quickly unfolded, not quite ravaged by the storm but still a trek, we made our way through the aftermath of Isabel. The roads were scattered with branches, leaves, gravel, and everything else the storm threw out. Down a hill we came across a stream that had jumped its banks, Neups lead us across, with only a few getting wet to prove it. The wind was out of the north for the most part and not bad as we held a steady pace line riding along Route 11. Twenty-three miles or so into the ride we arrived at our destination.

The Creamery, if you've never been, is a little out of the way, well, maybe a lot out of the way. On the one hand it's just another country store, on the other an oasis of sorts. There in the middle of a sea of corn and soybean fields appears the crème de la crème of dairy... chocolate, banana grapenut, cappuccino, fresh raspberry yogurt, whatever your heart desires. Ours desired ice cream, so after two scoops and a bag of garlic/herb chips later (to offset salt deprivation) we began the return trip back to Harrisonburg. Navigating another obstacle course, this time strewn with wooly caterpillars, we continued the ride back. Not more than a mile or two down the road, most of us self diagnosed as delirious, we stopped to get a whiff of the local barbecue. With a no waiting for stragglers rule, we continued on, noticing along the way a stream or two cresting its bank. We arrived back in Harrisonburg replenished, the 50-mile ride having ended, it was a good ride, enough to satisfy any restless heart.

Robin Hulvey

SMBC NEWS & HAPPENINGS

Six Pack Rides: What began 11 years ago with the Dollar Downhill continues this fall starting August 30th. This fall series of rides highlights some of greatest rides of the area. We will be meeting at Food Lion on Route 42 South at 3pm on Fridays (The final ride the "Invitational" will be one week earlier this year on Oct. 31st due to the Tour of Georgia schedule conflict).

Shenandoah Mountain Bike Festival: We are starting to get things together for the annual fall mountain bike festival. Our tentative date (which should be definite soon) is Oct. 18-19th. If anyone knows of major conflicts please send us an e-mail ASAP...We will have a volunteer meeting for the festival in two weeks and will send out an e-mail will the details soon.

Trail Work Saturdays: The most successful Trail Work Campaign has always been the fall Saturday Trail Work Days. These trail work sessions will be starting Sept.6th and will continue throughout the month of September and October. The usual meeting place at Food Lion on Route 42 South at 9am.

SMBC Newsletter: Hopefully all the members received the first SMBC Newsletter. (Sorry if you had to pay additional postage, we have "taken care" of the lady at the post office since). We will be posting this news letter and future ones on the website. If you did not get one and work like one mailed just drop us an e-mail or stop by a local H-Burg Bike shop to pick one up. Thanks to Branch and Erin for all their hard to work to bring this to press.

Thomas Jenkins

TIME TRIAL RESULTS

August 26 still to light wind, 90°, 10-12' tall corn

Male

Neups	24:02	Jason Wallenhorst	25:03
Hal Wilkins	26:19	Cowles Andrus III	26:53
Sherman Showalter	27:02	Bruce Johnson	27:54
David Frye	28:45		

Female

Gwynne Reid	25:47
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September 9 windy, 66°, 10-12' tall corn (the unharvested sections)

Male

Kevin Reid	23:22	Neups	23:48
Jacob Barnett	24:27	Sherman Showalter	25:55

Female

Connie Petersen	25:05	Robin Hulvey	30:11
Jennifer Bowman	31:10	Barbara Carson-Campbell	31:10

September 23 wind light to variable 10-20mph NW, 68°, sketchy corn, extra buggy

Male

Kevin Reid	23:11	Neups	23:58
Bruce Miller	25:31	David Frye	29:27

Female

Connie Petersen	24:55	Barbara Carson-Campbell	29:39
Jennifer Bowman	30:13		

SCHEDULE OF EVENTS

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

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	SUNDAY RIDES. 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 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 3 rd Sunday of the month. 9:00am, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) for more information.
OCTOBER 18	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. Once finished we'll gather at the Montevideo Middle School at 10:15am for a 35-mile ride. Contact Neups (434-1878) or Marcia (432-3312).

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.

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 `18 5th Annual New River Trail Fall Foliage Ride, Galax. 35.6 miles starting at the Farmers Market on Main Street. Call 276-238-8130 or e-mail drobinson@galaxcity.org for more information.
- 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 OCTOBER/Nov-Dec

CANDY FOSTER FAMILY	THOMAS & JULIE JENKINS	STIN LENKERD
BILL & ELLEN PAINTER	HANK SCHIEFER	DUSTY WILLIAMSON
GUY & CAROL WOLF		
Judith Freudenthal	Sue Gier	Joseph & Krista Gisler
Becky Matheny	Mahlon & Alice Webb	Chap Womack

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.

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.

Shenandoah Valley Bicycle Club Membership Application

Please Type or Print

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ e-mail: _____

Annual Dues Individual _____\$10.00 Family _____\$15.00 Send Newsletter by e-mail? _____

joint Shenandoah Mountain Bike Club membership: Annual Dues: Individual _____\$5.00 Family _____\$8.00

I am interested in (one or more of these activities):

_____Commuting/Utilitarian Riding

_____Touring

_____Mountain Biking

_____Riding for Fun & Fitness

_____Racing

_____Ride Committee

_____Time Trial Committee

_____Century/Festival Comm.

_____Newsletter Committee

_____Advocacy

_____Others (list) _____

INSURANCE RELEASE

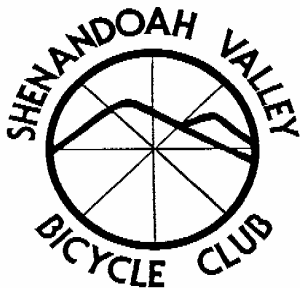
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience suffered. I understand that the Club is not responsible for, and is not an insurer of, my personal safety. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and practice courtesy and safety in bicycling, including wearing an approved helmet at all times.

Member Signature

Date

Signature of parent/guardian (under 18)

Send to Shenandoah Valley Bicycle Club, P.O. 1014, Harrisonburg, VA 22803-1014



P.O. Box 1014
Harrisonburg, VA 22803-1014



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