

OCTOBER 2004 NEWSLETTER

SVBC OFFICERS

President:

Vice-President:

Secretary: Marshall Hammond 434-1609

Treasurer: Marcia Lamphier 432-3312

UPCOMING MEETINGS

October 11 6:00pm Potluck Dinner and Slide show of The La Marmotte French Alps Ride. This meeting will be held at Rich Harris's home, 101 Breezewood Terrace, Bridgewater. There will be a potluck dinner beginning at 6:00pm. Bring a dish to share with others and the beverage of your choice. The Club will provide dessert. After a brief meeting at 7:00, Rich will show a slide show of his summer La Marmotte ride in the French Alps. See his story elsewhere in the newsletter. To help with the set up for the meeting, please e-mail Rich at harrisra@jmu.edu to let him know if you are coming. Hope to see you there!

SEPTEMBER MEETING MINUTES

The September 13th meeting of the SVBC was held in Luigi's backroom. There were eight members present. The treasurer reported a balance of \$8,038.80, less \$1,100 still in the treasury for jerseys. The jerseys are in and most have been picked up, some in time for the Century. If you haven't gotten your jersey see Rich Harris ASAP.

The Century wrap up meeting and Alice's farewell took place at Art's house on Wednesday September 22nd. Volunteers were thanked as well as special thanks to the Century director Art, Robin the food coordinator, and Neups, Robin's assistant and all round go-for. Alice Stecker was also recognized for her years of Club participation. She will be moving to her (not a) retirement home near Asheville, NC. Thanks, Alice, enjoy your free time. Anyone with suggestions, comments, or criticism concerning the Century, please give them to Art so he can address them.

The Margaret D. Palmieri Rural Health Scholarship Fund acknowledged the Club's donation. Maggie was killed during the 2003 Mountain Mama

and her husband Jim established this scholarship to assist in rural health care. He felt if Maggie had received prompt medical attention she may have survived. The fund keeps Maggie's memory in cycling through the Mountain Mama.

October 16th is the Club's trash pick-up day. This October we begin with pick-up along Amberly Road in western Rockingham County just outside the city. This is a road we ride frequently that connects Mt. Clinton Pike to Fort Lynn Road. Come join us for a quick hour of work, then ride afterwards. For more information contact Neups.

The next meeting (October 11th) will be at Rich Harris's house with a pot-luck supper and slides of his trip to France. Contact Rich for details.

The meeting was adjourned.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

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	438-1488
<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/> Message group <http://groups.yahoo.com/group/svbikeclub/>

WELCOME NEW MEMBERS

Jeff & Taz Brown	Massanutten
Lewis Cohen	Mt. Jackson
Jason Crist	Timberville
Raymond Gay	Dayton
Wayne Nolde	Mount Sidney
Elizabeth Wilson	Palmyra

WELCOME BACK RETURNING MEMBERS

Bill, Brian, and Mark Cohee	David Frye	Paul Johnson
Doug Lane	Bill & Ellen Painter	Hank Schiefer
Mike Schrauder Family	Terry Ward Family	

Thanks to all the above for your continued support of the Club.

WEDNESDAY EVENING RIDES - OCTOBER

The Wednesday Evening Rides have shown record numbers this year. We will continue until the time change. Therefore, the LAST Wednesday Ride for this season will be OCTOBER 27th at 5:15pm. Please join us for the ride!!

BIKE FESTIVAL - JULY 2004 - RIDE VOLUNTEERS

A special THANK YOU to all the wonderful ride volunteers for this year's Shenandoah Valley Bike Festival. The festival was a great success thanks to ALL of you.

Bruce Miller	Neups	Robin Hulvey	Jody Hensley	Jody Hess	Bruce Johnson
Rich Harris (Ride Volunteer & Route Marking)			Guy Wolfe (Route Marking)		

SMBC NEWS AND HAPPENINGS

Meeting on the third Tuesday of every month at 8pm at Dave's Downtown Taverna.

CLASSIFIEDS

FOR USE: Performance Hard Shell Bike Case. The Club now owns a bike case for loan to members (it should fit a 60cm, 24" bicycle). Neups will store it and loan it out on a first-come, first-served basis. If you would like to loan it (FREE), call Neups at 438-1488.

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: Thule Model 987 Lockable Ski/Snowboard Rack. Holds 6 pairs of skis or 4 snowboards. Attaches to these receiver mounted bike racks: Hitching Post models 984, 985, 986; Rak 'N' Loc models PC-2, PC-3, and SC-3; and Thule spare tire mounted bike rack model 943. All parts, keys, and mounting directions are included in original box. Cost \$125 new, asking \$75. Call Chap at 540-289-5351.

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: Yakima Hitch Mount Bike Rack. Fits 2" receiver hitch. Carries up to 4 bikes. Integrated One-Key locking system. Three tube-top accessory bars for non-traditional bike frames. Asking \$150 Call 896-5822 after 5:50pm.

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 Scott Ripley (248-5810) for more information.

TIDBITS

The Club has been thanked by the **Margaret D. Palmieri Rural Health Scholarship Fund** for our contribution. She was the woman who lost her life on during a recent Mountain Mama.

VIRGINIA LT. GOV. OFFERS TRAFFIC SOLUTIONS

According to a Sept. 19th Daily Progress article, "Localities and the state need to work together if they are to develop a sustainable transportation network, Lt. Gov. Timothy M. Kaine said Saturday at the annual meeting of the Piedmont Environmental Council. The group, dedicated to protecting the Virginia Piedmont's rural economy and natural resources, held a joint conference with the Virginia Conservation Network at the Barboursville Winery in Orange County.

"The conference, themed Reconnecting Virginia, aimed to find a solution to Virginia's growing traffic problems. The key to this, Kaine said, is melding land use and transportation planning. 'You have a challenge in that a state transportation planning process is trying to keep up with the uncoordinated decisions of 134 cities and counties,' he said. 'One of the things we have to do is 'put land use and transportation together.'..."

Source:

http://www.dailyprogress.com/servlet/Satellite?pagename=CDP%2FMGArticle%2FCDP_BasicArticle&c=MGArticle&cid=1031778039491&path=!news

Author: John Yellig

TIME TRIAL RESULTS

August 24 breezy at start, corn about 11' tall

Male

Bill Wightman	22:47	Sam Thompson	22:51
Jeff Herrick	23:08	John Youngdahl	23:14
Howard Smith	23:53	Neups	24:24
Steve LaDrew	24:46	Mark Russell	24:57
Ken Bell	25:16	David Frye	28:39

Female

Connie Peterson	23:48	Gail Youngdahl	28:49
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September 14 calm, no corn, heavy air

Male

Bill Wightman	22:31	Sam Thompson	23:33
Neups	24:09	Mark Russell	24:29
Steve LaDrew	25:23	Rube Parsons	29:22

Female

Connie Peterson	26:44	Barbara Carson-Campbell	27:59
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KRYPTONITE

In case you haven't heard, u-locks with cylindrical keys can be picked with a Bic pen. See <http://www.bikeforums.net/showthread.php?t=66128&page=1&pp=25> for details.

According to a Sept. 23rd Oakland Tribune article, "Bike lock maker Kryptonite is offering to exchange its tubular u-shaped locks for free, in response to a design flaw that allows thieves to open the locks with the hollow shaft of a ball point pen. Kryptonite said 'all consumers who are concerned about the security of their current Kryptonite tubular cylinder locks' will be able to exchange the locks for a non-tubular cylinder model. The company said it will begin exchanging products within a few weeks as new locks are made available.

"The company previously said it would offer free upgrades to customers depending on when they bought the affected locks. 'We decided to simplify and expand our planned product upgrade program so that we could expedite the process for consumers and eliminate any lingering doubt in their minds about their locks,' company general manager Steve Down said. 'Standing by our customers is the responsible thing to do for those who rely on our security products to keep their valuables safe.'..."

Kryptonite has moved quickly to supply a solution. If you own one of its many vulnerable U-locks, you can get a free or discounted crossbar that isn't so easily picked. The details are at www.kryptonite.com.

CHAIN-WEAR CHECK

from www.RoadBikeRider.com

So you've been riding with the same chain for ages, and wonder if it's time for a replacement. There are several ways to ID a worn chain, Here's the best! First, shift onto the large chainring. Kneel at the right side of the bike. Using a 12-inch ruler, hold it along the bottom run of chain (between the lower derailleur pulley and chainring). Put the ruler's first mark on the center of any link pin. Then look at the 12-inch mark. On a new chain, that mark will also be on the center of a pin. If the mark falls short of a pin, the chain is somewhat worn. If it's 1/8 inch or more short, it's so worn that it should be replaced. Remember, milking more miles out of a shot chain is a sure way to make the chainrings and cogs wear faster. That gets expensive.

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.
THURSDAYS	FAST RIDE. Time: meet at 5:45pm; we'll leave the parking lot no later than 6pm. Place: Mr. J's Bagels, 1731 High Street in Rockingham Square. Distance: 30-40 miles. Intensity: 20-28 mph in sections. Route: To be decided at start out of four different routes (nothing too hilly). Sprint points to keep it interesting. Even though this is a fast ride, we will wait up at certain points should anyone need to drop off. We will not leave anyone stranded. (If anyone has a route suggestion or other comments, please let me know! Email me at Christina.meyer@adelphia.net .) Contact Christina Meyer at (540) 433-4005 or Jeff Herrick at spinfreak@hotmail.com to be sure this is still happening this month.
SUNDAYS	SUNDAY RIDES. Rides leaving from Bridgewater College at 9am. We ride 40-50 miles, or 2-3 hours+ to have fun! Please contact Rich Harris, 828-2380, e-mail harrisra@jmu.edu or call Marcia at 432-3312 each Saturday for latest ride information.
OCTOBER 16	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 intersection of Singers Glen Rd. (Rt. 763) and Amberly Rd. (Rt. 765) at 9am. Once finished we'll go out for a 35-mile ride. Contact Neups (438-1488) or Marcia (432-3312).
THIRD SUNDAY	WANNABE RIDE. These will now always be on the 3 rd Sunday of the month. 9:00am, Wildwood Park, Bridgewater. Contact Scott (248-5810) for more information.

Mondays	Beginner MTB. Details at www.shenandoahmountainbikeclub.com .
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.
Fridays	MTB Fatty. Details at www.shenandoahmountainbikeclub.com .
October 2	4th Annual Bicycle Tour de Clarke County, Berryville. 25-or 50-miles. Call 540-955-4200 or e-mail them at info@clarkechamber.com for more information.
October 2	Sequatchie Valley Century. Fully supported ride through the beautiful, rolling Sequatchie Valley - all the amenities - full, metric, and quarter century options. Visit www.chattbike.com or e-mail DaisyBRider@cs.com or call 706-820-1157 for more information.

- October 2 7th Annual Family Fun Day on the Bay Bike/Walk. Call 757-331-2960 or visit www.cbbt.com for more information.
- October 2-9 6th Annual Cycle North Carolina. Mountains to the Coast – Sparta to Oriental. Call 919-361-1133, e-mail them at cyclenc@mindspring.com, or visit <http://cyclenorthcarolina.org> for more information.
- October 2-9 24th Annual Greater Arizona Bicycling Association. Grand Canyon to the Old Pueblo. 525 miles. Visit www.bikegaba.org or call 520-349-5932 for more information.
- October 3 Kernstown Battlefield Preservation Rides. Join the Winchester Wheelmen in support of this great cause and enjoy the beauty of the Shenandoah Valley from the seat of your bicycle. This is a fully supported event with food, drinks, maps, and support vehicles, and a free KBA water bottle. The event will start at the Kernstown Battlefield site on Battle Park Drive just off of US Route 11 south of Winchester. There are rides of 25 and 55 miles. Start time is 10am. Registration is \$25.00 up to Sept. 15th and \$30.00 after. For additional information, contact Mike Perry at mperry@visuallink.com or by phone at 540-662-1510 (10-5, Mon-Sat) or 540-877-1795 (evenings 'til 10pm). Visit the Winchester Wheelmen website for a .pdf copy of the registration form at <http://www.winchesterwheelmen.org/specialevents.htm>.
- October 8-10 2004 Shenandoah Mountain Bike Festival, Stokesville. Group rides and trail work sessions. On-site registration located at the Stokesville Campground. Visit www.shenandoahmountainbikeclub.com or call Thomas at 434-9943 for more information.
- October 9 Tour of Hope D.C. Fundraiser. Check www.tourofhope.org for more information. Help celebrate the completion of the Tour of Hope Team's cross-country journey across America this October, with a 25-30 mile recreational fundraising ride. You can be one of 1,500 people to go the distance for cancer research. Following the recreational ride, join Lance Armstrong, the Tour of Hope Team, and special guests at the grand finale event on the Ellipse, open to the public. The ride route is being finalized with the National Park Service and other jurisdictions--more details are coming soon. All of the funds raised during the Bristol-Myers Squibb Tour of Hope will benefit cancer research through the Lance Armstrong Foundation.
- October 9 16th Annual Sea Gull Century. Optional rides on Friday and Sunday. Registration deadline is August 31st. NO late or ride-day registrations. Call 410-548-2772, e-mail seagull@ssu.edu, or visit www.seagullcentury.org for more information.
- October 15-17 14th Annual Shenandoah Fall Foliage Bike Festival. Visit www.shenandoahbike.org, call 540-885-2668, or e-mail info@shenandoahbike.org for more information.
- October 16 6th 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 23 11th Annual Between the Waters Bike Tour, Wachapreague. 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.

- October 23-24 The Black Water Regatta and Century Adventure Weekend. Saturday - Kayaking/canoeing on the Edisto River, the longest black water river in the world. Sunday - Full English - 8am, Metric - 8:15am and Half Metric rides - 8:30am. For information visit http://www.coastalcyclists.org/fall_century_2004/fall_century_2004.htm.
- December 3-5 Festivelo, Charleston, SC. Fes.ti'velo (fest.a'valo), n. 1. A peaceful relaxing weekend. 2. An eating frenzy. 3. A family oriented bicycle weekend occurring the first of December; seven all you can eat meals, eight ride options from 7-100 miles. 4. Camping, RV, or hotel, hear Elvis and the Beatles, steamed oysters, vineyard tour, shrimp & grits, lots more. 5. An event presented by the www.coastalcyclists.org to benefit the Palmetto Cycling Coalition Three days of cycling and camping on a peaceful & placid plantation overlooking Bohickett Creek with family and nonrider attractions, 7 ride options, 4 all you can eat meals, very flat course, room for 500 to camp, and RV hook ups. Ride includes camping, rides to local wineries, full English century with shorter options, Saturday night oyster roast, party at the maritime center overlooking the Charleston Harbor, the Yorktown and fireworks, and a historical downtown Charleston bicycle tour. For information visit <http://www.festivelo.com/index.php>.

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

MARY B. ATKINS	HAROLD (BERT) BERGDOLL	MARK ECKROTH
KEVIN GIOVANETTI	BARB GRAVES	RICH HARRIS
JODY HENSLEY	THOMAS & JULIE JENKINS	BRUCE JOHNSON
VALERIE KRAMER	KAY LYNN LEHMAN ***	PAUL & SUE LOTTRIDGE ***
MARK L. & HOLLY RUSSELL	WOODY STRAWDERMAN	BILL & MEG WIGHTMAN
DUSTY WILLIAMSON	GUY & CAROL WOLF	

Sue Gier
Chap Womack

Mark & Kathleen McCoy ***

John & Gretchen Sallah

*** Denotes membership in SMBC as well.

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

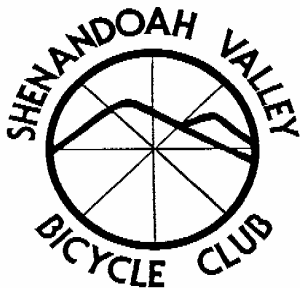
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience 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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