



January-February 2005 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

Meetings are in Luigi's (Original Rt. 42 location) back room. If closed, we'll meet at El Charro's on S. Main St.

January 10 6:00pm Annual Pot Luck. This year's festivities will be held at the residence of **Thomas and Julie Jenkins**, 375 E. Wolfe St., Harrisonburg, 434-9943.

February 14 7:00pm Monthly meeting.

NOVEMBER/DECEMBER MEETING MINUTES

The November 8th meeting of the SVBC was held at the original Luigi's. There were six members present. The Treasurer reported a balance of \$7,750.04, less Century insurance.

There was no old business.

New business: A reminder that hunting season is in all the way through December for various game using various firearms. Hopefully one game species, mountain bikers, isn't legal. If you ride in the woods during these months, be visible -- and the best day to ride is Sunday. However, don't assume Sunday there won't be shooting. Be visible and make lots of noise. The west side of Massanutten is CLOSED except for Sunday, and patrolled. Keep the trails open for biking Massanutten by respecting this status.

The meeting was adjourned.

The December 13th meeting of the SVBC was held at El Charro's Route 11 South. Luigi's was closed for a staff party. There were eight members present and Jonathan from OCP to discuss plans for the Festival in July. One member was trying to attend but couldn't find us. That wasn't intentional Art, or was it....?

The Treasurer reported a balance of \$6,880.13 with the Century insurance bill finally received and paid.

There was no old business.

New business: Neups passed out copies of "Intrigue and Uncertainty" an article presenting a novel approach to making roads and neighborhoods safer for

all activities by creating activity zones and eliminating traffic guidance.

The Club will donate a copy of the League of American Bicyclists Guide to Safe and Enjoyable Cycling to the regional library and will renew membership in the Thunderhead Alliance.

A reminder, there needs to be 350 requests for the VA vanity cycling plate "Bicycles Belong" by the end of December for the plate to become available. Go to <http://www.bikewalkvirginia.org/> to register.

The SMBC has reserved the Court Square Theatre again for the pre-Super Bowl Ride celebration. This year the feature will be "Off Road to Athens" which focuses on Sue Haywood, Jeremiah Bishop, and the other mountain bikers vying for the 2004 Olympic mountain bike spots. Tentative date is February 5th and the time 4-5pm. Look for more on this and confirmation of times in the Upcoming Events section of the newsletter or go to <http://www.shenandoahmountainbikeclub.com/>.

Thomas has received word that the Massanutten Hoo Ha Race for 2005 is going to donate \$2 of every entrant's fee to the SMBC. Expect trail work to resume later in the spring to get trails buff for this event.

Jonathan from OCP presented plans for the 2005 Shenandoah Valley Bike Festival to be held July 30th. A proposal to have all rides leave and return to OCP's building in Harrisonburg was presented. There will be a Century, Metric Century, two morning loops of 24 and 40 miles, an in-town tour or Greenway Ride (donations going to Black's Run Greenway) and, hopefully, a

Critical Mass Ride at the conclusion of the day's events. The Club will scout routes to present at a later meeting. This means many new loops for members to explore and mark before the Festival.

January's meeting will be a Pot Luck supper at Thomas and Julie's (E. Wolfe Street). Plans are for Drew Williams from the Harrisonburg Public

Transportation Department to give a short update on bicycling routes in the city.

The meeting was adjourned before Art could find us.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME BACK RETURNING MEMBERS

Terri Prodoehl
Chap Womack

Rowland Shank

Woody Strawderman

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

ADVOCACY

The Harrisonburg-Rockingham Metropolitan Planning Organization held a Long Range Transportation Plan on December 8th. This Plan will identify regional transportation needs and transportation improvements that will be eligible for future federal funding. Meeting materials are available online at www.cspdc.org, www.co.rockingham.va.us, or www.ci.harrisonburg.va.us. Comments may be submitted online, but only until January 7th.

SMBC NEWS AND HAPPENINGS

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

TIDBITS

E-mail addresses change sometimes. Please remember to send your change to svbc-nl-editor@att.net if you'd like to keep receiving your newsletter and/or Club updates. Among those I'm currently having trouble with are those for Bill Painter, Paul Johnson, and Sheila Newman. Thanks.

2004 MILEAGES



If you have your 2004 total, call, e-mail, or fax Neups to have it listed in the March newsletter.

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

Century

Art Fovargue 433-9247

Newsletter

Neups

438-1488

Rides

Bill Taylor 828-6635

Bike Festival

Dan Finseth

438-8063

Advocacy

Len Van Wyk 432-0138

Web page <http://svbikeclub.homestead.com/>

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

THUNDERHEAD PUBLISHES COMPLETE STREETS REPORT

Prescott, AZ – December 13, 2004 – The Thunderhead Alliance has published the first nationwide analysis of policies designed to create complete streets that routinely accommodate bicycle and pedestrian travel. The Complete Streets Report, prepared by consultant Barbara McCann, inventories complete streets policies around the country and analyzes them in preparation for the Thunderhead Complete the Streets Campaign Model to help state and local advocacy organizations spread complete streets to more communities. Find the Report at: www.thunderheadalliance.org.

“Ensuring streets work for all users has always been a high priority for Thunderhead organizations,” said Thunderhead Executive Director, Sue Knaup. “This report gives advocates the latest information as they pursue this vision.”

Most of the 25 state and local policies in the report have been enacted since 2001, suggesting a building momentum for policies that require the safe accommodation of bicyclists and pedestrians in all transportation projects. The Report discusses the language used and elements included in the policies, as well as issues surrounding the process of adoption and implementation. It makes recommendations for advocates seeking to launch new Complete the Streets campaigns. Thunderhead has also posted on its website tips on using complete streets in everyday communications. Ms. McCann will soon start on the next phase of the Campaign Model funded by a grant from the New-Land Foundation.

The Report is Thunderhead’s first step in a national campaign to win complete streets policies through its member organizations. The Complete the Streets Campaign Model will be the focus of Thunderhead’s Training March 14-15 in Washington, DC (<http://www.thunderheadalliance.org/trainings05.htm>) in conjunction with the National Bike Summit® (www.bikeleague.org).

The Report is an integral part of Thunderhead’s comprehensive 50/50 Project with a goal of effective and sustainable bicycle and pedestrian advocacy organizations in all 50 states and at least the 50 top population U.S. cities. The 50/50 Project is made possible by the generous support of Planet Bike and the National Bicycle Dealers Association.

For more information, please contact Sue Knaup, Executive Director: 928-541-9841, sue@thunderheadalliance.org.

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 Mark McCoy (828-3093).

FOR SALE: 21" Giant, Kronos road bicycle. Approximately 6 years old, in quite good condition. Regular maintenance performed by Mole Hill Bikes. \$150. Hank Schiefer 434-3581, Hankpa@att.net.

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 erinorth@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.

2004 VOLUNTEERS

A big THANK YOU to the following who volunteered their time to the Club in 2004. Those in boxes have volunteered at least three times during the year and will have another year added to their Club memberships for free. Please let Neups know if his records are in error.

Mary Atkins

Dan Finseth & Betsy Hayes

Chris & David Hamilton

Jody Hensley

Thomas & Julie Jenkins

Marcia Lamphier

Neups

Howard Smith

Guy & Carol Wolf

Carl Droms

Art Fovargue

Marshall Hammond

Jody Hess

Bruce Johnson

Brent & Judie McNett

Scott Ripley

Alice Stecker

Gail Youngdahl

Betsy Dunnenberger

David Frye

Rich Harris

Robin Hulvey

Valerie Kramer

Bruce Miller

Sharon Rose

Terry Ward

SCHEDULE OF EVENTS

Helmets are required on all Club rides.

JANUARY 1

ANNUAL ICICLE BIKE RIDE. 12:00. Bring in the New Year with the Club's first scheduled ride. We will leave from Wildwood Park in Bridgewater for an approximately two-hour ride on paved/gravel roads. Bring your mountain, cross, or bigger-tire road bike. Route choices will be influenced by the weather. (True road bikes may be an option if unseasonably warm.) If cold enough, a stop for hot cocoa at the end of the ride may be an option. For more details, or if weather is questionable, call Bill at 828-6635. You may also contact Marcia or Marshall (432-3312) for details.

SUNDAYS

SUNDAY WINTER RIDES leave from Bridgewater College at 1pm. Spend a couple of hours riding backwoods with good company. This is a great way to keep in shape for spring. Road or mountain bike depending on the weather and temperature. If it is raining we stay by the fire and drink hot beverages. If it snows we go to the mountains and ski. Contact Rich Harris (828-2380) or Marcia Lamphier (432-3312) on Saturday for details for that week's ride. If you would like to be added to the Sunday ride e-mail distribution list send your e-mail address to harrisra@jmu.edu.

February 5

"Off Road to Athens" Movie at Court Square Theater. 4pm. Grippped Films (Producer: Ken Bell, local Harrisonburg resident & SVBC member, Director: Jason Berry) kicks off their US Film tour here in Harrisonburg. This feature film captures the lives of eight off road cycling Olympic hopefuls (local Jeremiah Bishop & WV goddess Sue Haywood) trying to capture one of three US Team spot for the 2004 Greece Olympic Games. This film will span a year of capturing interviews, amazing race footage & much more from all over the World. Tickets are available for \$8 prior to the show, \$10 at the door, they are available on-line at www.offroadtoathens.com. The Shenandoah Mountain Bike Club will host movie goers with refreshments after the show at the Shenandoah Bicycle Company.

- February 6 Super Bowl Sunday Ride. 10am at Briery Branch Intersection. Mountain Bike ride up pavement to Flagpole Knob (highest point in Rockingham County) and descend into Hone Quarry Recreation Area and back to Briery Branch. For information or questions call Thomas 434-9943 or www.shenandoahmountainbikeclub.com.
- June 12 Tour de Cure, Reston Town Center. 100, 63, 32, and 12 mile rides. Each participant has a goal of raising at least \$175. Visit www.diabetes.org/tour or call 1-888-DIABETES for more information.
- June 24-29 18th Annual Bike Virginia. Valley Byways Tour. Roanoke to Lexington and back. Visit www.bikevirginia.org or call 757-229-0507 for more information.
- September 24-25 Ride in the Heartland, Charlotte County, VA. Ride through the gently rolling countryside of Southside Virginia, hunting grounds of the Saponi tribes. ·Where Patrick Henry, the “Voice of the Revolution,” retired after years of service to the new nation. ·Where John Randolph, elected Speaker of the U. S. House of Representatives at age 32, taught his inherited slaves to read, to work as tradesmen, bought them land and set them free. ·Where old men and young boys stood off the destruction of the Richmond and Danville Railroad in 1863. ·The community where David Bruce, ambassador to England, France, Germany, envoy to North Korea and Vietnam, and our first ambassador to China, left a legacy that includes one of the first libraries to serve both white and black readers. Ride rural rustic roadways, meet the community today, and experience our love of the land and of each other. On the 24th - Patrick Henry Century, John Randolph Metric Century, Family Rides, Walking Tours, Evening Entertainment. On the 25th - David Bruce Half-Century, Family Rides, Walking Tours. Both days – meals, entertainment, showers, tent space, sag, marked routes - all on paved surfaces. Contact: ncarwile@hotmail.com, 434-248-6407, www.bikeheartland.org.

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 JANUARY/March

RICH & BRENDA FREYKAY

Deborah Austin Armstrong

Judith Freudenthal

Jeff Claman***

James E. Shuke

LEN VAN WYK/

Art Fovargue Family

*** 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