

OCTOBER 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 on S. Main St.
October 10 7:30pm Monthly meeting.

SEPTEMBER MEETING MINUTES

The September 12th, 2005 meeting of the SVBC was held in the "smoking section" of Luigi's 42S. There were ten members present. The Treasurer reported a balance of \$5,724.77.

The majority of the September meeting focused on the Century report by Art. See the article in this newsletter for complete details. In summary there were 169 riders. The fastest time was 5 hours 25 minutes by our very own Nathaniel Erwin. Three fixed-gear riders finished in 9 hours 4 minutes, however, their ride time was a respectable 6 hours 14 minutes. The remainder of their time was spent eating. The biggest hit of the day was Robin's "panini" served to finishers at Hillandale. The biggest mistake, plus eight or so miles, was following C4 instead of the Dan Henry's!

Robert Cone has volunteered to work as the Club's web master and will be working with Neups to provide the Club with a state of the art web page. The Club voted to provide funds to purchase a host site. More

information will be provided as the updated site comes on-line.

Thomas reminded the Club about the upcoming Mountain Bike Festival to be held October 14-16th. Check out the SMBC web site for details (www.shenandoahmountainbikeclub.com).

Neups reported on the League of American Bicyclists organizational reform and also on publications for newsletter editors.

If anyone has suggestions or experience in keeping bicycle issues on the "front burner" of the city government's agenda, please bring these ideas to the next meeting.

The meeting was adjourned. The next meeting will be October 10th at Luigi's on 42S (the Original).

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Robert & Yohna Cone	Harrisonburg
Albert Green	Woodbridge
The Leetun Family	Weyers Cave

WELCOME BACK RETURNING MEMBERS

Bill, Brian, & Mark Cohee	Carl Droms	Mark Eckroth
W.R. Good	Marshall Hammond (for 3 volunteering activities) THANK YOU!	
Wayne Nolde	Zack Perdue	Sharon Rose
Hank Schiefer	Guy & Carol Wolf (3 volunteering activities) THANK YOU!	

CORRECTION: Our new member last month was Basil Hangemanole. Sorry for the incorrect spelling of your last name, Basil.

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	438-1488
	<u>Advocacy</u>	Len Van Wyk	432-0138		
Web page	http://svbikeclub.homestead.com/		Message group http://groups.yahoo.com/group/svbikeclub/		
Ride board	http://www.websitereactions.com/Rideboard				

THREE 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.

TIDBITS

We received thanks from Jonathan and Our Community Place for our help with this year's Bike Festival.

We also received thanks from Scott Ripley for the Club's donation to the Jimmy Fund in support of his ride in the PMC. Scott rode 86 miles that day, his longest ride ever! Good job, Scott!

Don't forget – The library is willing to take used (and new!) DVD's and VCR tapes. We'd like to build up a listing of bicycling titles there. Check with Rich Harris or the library itself for more information.

The Bicycle Museum of America in New Bremen, Ohio now has a photo exhibit focusing on the TransAmerica Bicycle Trail. Call 419-629-9249 or visit www.bicyclemuseum.com for more information.

Robert Cone will be our new Club's webmaster. We'll have an actual web address all our own. Stay tuned for details. And thank you, Robert!

SMBC NEWS AND HAPPENINGS

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

October 14th-16th 9th Annual Shenandoah Mountain Bike Festival, Stokesville, VA

In 1997 members of the Shenandoah Mountain Bike Club (SMBC) wanted to host a fun mountain bike event in the George Washington National Forest for those visiting during the UCI World Cup Downhill Race at Massanutten. This event was the start of the annual tradition of riding, trail work, camping and fundraising known as the Shenandoah Mountain Bike Festival. We encourage you to participate in any of the events that will take place over these three days. For details, volunteer info, schedule and registration go to www.shenandoahmountainbikeclub.com or call Thomas at 540-434-9943.

Saturday Trail Work: Every Saturday in October. Meet at Food Lion on Route 42 at 9:00am. SMBC supplies the tools you bring proper work boots, gloves and water. Call Thomas for more info 434-9943.

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 Dean Cummings (289-9746).

ROOMMATE WANTED: Quiet country living 15 minutes from Harrisonburg. Use of house and all utilities included (includes AOL). \$350/month. Call Barb at 234-8539. 7-1-08

WANNABES

Many of us are avid riders, but can't hang with the fast dogs. This monthly social ride is for you! The October Wannabe ride will be a little different this year. We will be mountain biking in the National Forest on a ride we call "The Dead Settlers Ride" (spelling error intentional). We will visit the homestead and graves of a family that settled on the border of Virginia and West Virginia. Our ride will begin at 10 am at Elkhorn Lake and will be an out and back ride of approximately 18 miles on dirt roads. We will ride very close to the West Virginia border. Our turn-around point will be a small beaver pond. There will be a tailgate potluck lunch at the end of our ride back at Elkhorn Lake. Call Diane (248-5810) or Scott (540.448.4478) for more information.

15th ANNUAL ICE CREAM RIDE RECAP

That's right, this was the 15th ride for ice cream. Though the weather looked poor at the start, eight riders took off towards Timberville. One flat slowed us down, but not much. Just before reaching JJ's Ice Cream in Timberville, we encountered some drizzle. While at JJ's, the drizzle turned into a steady rain. The ice cream was very good, and the proprietor even extended the awning to keep us sheltered. But we eventually had to leave to get back home. After getting through Broadway, the rain started coming down in buckets. We finished with 35 miles and a lot of water under our belts.

TIME TRIAL RESULTS

As I read over the old newsletters in the archives, I found out the course record for males is still held by Bill McCarrick in 20:57. I'm not sure when that was set, but the newsletters I checked started in April 1996. Up to that time, the female course record was held by Sue Rippy in 25:04. Well, this should have been noted a long time ago, but Connie Peterson broke the women's record on September 10, 2002 with a time of 24:35. Then she broke her own record on May 27, 2003 with a time of 24:29. Then again on June 8, 2004 with a time of 24:26. And then AGAIN on July 26, 2005 with a time of 23:59. Way to go, Connie!

September 13

light wind, clear, 80's°, no corn

Male

Bill Wightman	21:39	Trey Haskell	23:30
Chris Pickerell	23:35	Neups	24:43
Bain Routhier	25:40	JC Cantrell	25:42
Andrew Jasper	26:26		

Female

Connie Peterson	23:44	Barbara Carson-Campbell	26:17
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September 27

mild, clear, 72°, no corn

Male

Sam Thompson	22:57	Trey Haskell	24:06
Mark Russell	23:56	Bain Routhier	26:08

Female

Connie Peterson	24:11		
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NEW ENGLAND, part 1

The trip that was to take place in 2004 finally became a reality in 2005. Robin and I left on August 5th and stayed the night with friends who live in Hazelton, PA. This was roughly half the distance to our tour's start/finish in Troy, NY. The next day we drove the rest of the way to Troy, checked into our hotel, checked over the bikes, and had a very good and filling dinner. The route was to be counterclockwise, riding into Massachusetts, New Hampshire, Maine, back into New Hampshire, then Vermont, and ending in New York. Our average daily mileage was to be around 50.

August 7 - We climbed right out of Troy. Today's route was on the Mohawk Trail, a scenic highway through the Berkshires. We had three mountains to climb today, which was to be our second hardest day of the tour. What an initiation for Robin, who has never bicycle-toured, and myself who hasn't done this since 1996. I had to remember that when standing with a fully-loaded touring bicycle, you need to sway your body and not your bicycle. The bike just won't sway. The first mountain never seemed to end. When it did, the downhill was smooth, with the last mile being a 10% grade. We were glad to be riding in the direction we were. The second climb was tough and took us to the Massachusetts line. After another nice downhill and some valley riding, we set out to tackle our last mountain of the day. While on paper it didn't look too bad, it turned out to be tough. Maybe this was due to it being our first day with twenty-two pounds (Robin) and about fifty pounds (me) on our bikes.

Though the first day's mileage to camp wasn't bad, we ran into what became a recurring theme - the fact that the campground has no store, there was no store before the campground, and we had to ride into town and back for any nightly provisions. Tonight's excursion added another nine miles to our daily total, albeit without much of our gear. So we spent a total of 6:06 in the saddle and traveled 66 miles.

Finally, we had been warned of bears. As such, we packed up all our food and other sweet smelling things and left them with the ranger for the night. Except for our handlebar bags, which contained our cash, camera, and a few miscellaneous items, the rest of our bags were on our bikes or on our site's picnic table. Believing we were safe, we drifted off to sleep. About midnight, Robin heard something and went outside the tent and clapped her hands to scare it away. Coming back into the tent, she woke me up. I shone the flashlight out the back of the tent and saw nothing. But as soon as I switched the light off, I saw a bear. We had leaned and locked our bikes against a couple trees about ten feet from our tent. The bear, on its haunches about the height of Robin's bike's top tube and about as long as her bike's wheelbase, was sniffing around our bikes. Believe it or not, the bear managed to unzip the pannier that was attached to my bike (completely ignoring the pannier just setting on top of my rear rack) and sniff and claw the plastic bags which encased some clothes and gloves. Finding nothing good, it finally wandered off. I promptly went right back to sleep, while Robin worried about another encounter, but then drifted off herself.

August 8 - This was a mostly uneventful day for us. We had a climb early on that had a nice baked goods shop just over the peak where we stopped and partook of their delicacies. Other than that, we had a hot day. We were expecting to escape some of the summer heat that we normally have in Virginia. That wouldn't happen until late in our trip. Yesterday's climbs had us sweating. Today we ended up on a fairly flat road with no shade, so we had no relief from the heat again. Our one event for the day was being told by a Massachusetts state policeman to get "off" Route 2. He was correct, of course. We should have been on the parallel road 2A, but we started on 2 before it became limited access and I figured we'd just stay on it until we had to turn off. The only reason we got "caught" was that there was construction on the road, and it seems that all construction sites are required to have police at them.

We remembered yesterday's need to ride into town, so we made sure we stopped at the mini-mart a couple miles before the campground. The state park/campground had a lake where we cooled off for a while. It turned out they even had a camp store, so we bought ice cream for a snack and drinks for supper. Today's riding was 5:11 in the saddle and 62 miles.

Neups

NEW LIFE FOR OLD CHAINS

Instead of adding your old chain to the local landfill, ship them to a company called Resource Revival. This Oregon outfit will pay the freight and then turn the chains into functional and decorative home items.

Resource Revival has signed up a number of bike shops. You can let your LBS know about this opportunity, set up a chain collection program for your bike club, or simply save your own chains to send in. It's fine for chains to be filthy but not rusty.

Once you have a boxful of chains weighing 30-50 pounds, Resource Revival will dispatch UPS to pick it up. This deal applies only to U.S. addresses. For info: <http://www.resourcerevival.com/recycle.htm>.

SCHEDULE OF EVENTS

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

WEDNESDAYS	WEDNESDAY NIGHT RIDE. We leave from the NEW Harrisonburg High School parking lot (1001 Garbers Church Rd.) at 5:15pm for a 1-1/2 to 2 hour FUN ride. Please contact Marcia (432-3312) for more details.
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 8	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 along Amberly Rd. (Rt. 765) at the intersection with Skidmore Rd. at 9am. Once finished we'll go out for a 35-mile ride. This should start at 10:30 from the Food Lion on Rt. 42N. Contact Neups (438-1488).
OCTOBER 30	WANNABE RIDE. The October Wannabe ride will be a little different this year. We will be mountain biking in the National Forest on a ride we call "The Dead Settlers Ride" (spelling error intentional). We will visit the homestead and graves of a family that settled on the border of Virginia and West Virginia. Our ride will begin at 10 am at Elkhorn Lake and will be an out and back ride of approximately 18 miles on dirt roads. We will ride very close to the West Virginia border. Our turn-around point will be a small beaver pond. There will be a tailgate potluck lunch at the end of our ride back at Elkhorn Lake. Call Diane (248-5810) or Scott (540.448.4478) for more information.

Mondays Beginner MTB Rides. We will carpool from the Shenandoah Bicycle Company at 5pm or meet at the trail head at 5:30. Check the website for the latest Monday ride destination; we will have the location up on Mondays by noon. We are also looking for trail ride leaders, please contact Thomas at 434-9943 or tj@shenandoahbicycle.com to help out!!! Details at www.shenandoahmountainbikeclub.com.

Thursday SMBC Trail Work. We will meet at the parking area on the Western Slope at five and then drive up to the Hole-in-the-Guardrail Trail and hike down. We are beginning the construction of the new Ravine Trail, which will be an extension of the Connector trail built last year. Join us anytime on the trail - we will be working until dusk.

October 9 5th Annual Kernstown Battlefield Preservation Ride, Winchester, VA. This is a fully supported event that starts at the Kernstown Battlefield site on Battle Park Drive just off of US Route 11 south of Winchester (near the Saturn dealership). There are rides of 25 and 55 miles. Start time is 10:00am. Registration is \$30.00, including same day registration. For additional information, contact Mike Perry at mperry@visuallink.com or by phone at 540-877-1795. Visit the Winchester Wheelmen website for more details. <http://www.winchesterwheelmen.org/events.html>

- October 9-13 Fall Foliage Round About Bike Tour. New Hampshire – Vermont. 200 miles. Call 1-800-727-9711, e-mail tmcbike@aol.com, or visit www.newenglandadventure.com for more information.
- October 14-16 9th Annual Shenandoah Mountain Bike Festival. Stokesville, VA. In 1997 members of the Shenandoah Mountain Bike Club (SMBC) wanted to host a fun mountain bike event in the George Washington National Forest for those visiting during the UCI World Cup Downhill Race at Massanutten. This event was the start of the annual tradition of riding, trail work, camping, and fundraising known as the Shenandoah Mountain Bike Festival. We encourage you to participate in any of the events that will take place over these three days. For details, volunteer info, schedule, and registration go to www.shenandoahmountainbikeclub.com or call Thomas at 540-434-9943.
- October 14-16 15th Annual Fall Foliage Bike Festival, Staunton, VA. Meet cyclists from all over the US. Participants from Augusta, Rockingham and Rockbridge Counties receive a local rider discount of \$25 plus TWO HOURS of volunteer time. Discount coupons are in all locally displayed brochures. This is your opportunity to make new friends with similar interests and share your knowledge of the area with out-of-town guests. **This year** both on-road and off-road options are offered. Big Levels, for experienced mountain bikers only, will be held on Saturday, October 15, with a new trail for descending Bald Mountain. Sunday, October 16, at Todd Lake, the novice and less experienced mountain bikers will be able to test their skills with team leaders to assist. **Saturday afternoon** offers the Apple Dumpling Social as an end of the day highlight. A dance for all participants will be held Saturday night at Howard Johnson Inn. The routes offer options for the novice as well as the experienced cyclist with distances ranging from 10 miles to 100+ miles in the “Apple Butter Century.” Routes have rest stops and full SAG support. No matter the route you choose, the scenery will be magnificent and the memories of the weekend unforgettable. Early registration is recommended to avoid the LATE FEE of \$20 after September 30 in all categories. **The Festival** is headquartered at Shelburne Middle School in Staunton, VA, easily accessible from I81 and I64 at Exit #225. Registration begins at 4:00 pm on Friday, October 14, in the school gym. Camping and shower facilities are available at the school. Sleeping in the school gym is an option for those not wishing to camp. Visit the website www.shenandoahbike.org for more details or telephone 540-885-2668 for more details.
- October 31-Nov. 6 Charleston Cycle Fest 2005. Multiple ride options, tours of historic Charleston, film fest, and workshops. Visit www.charlestoncyclefest.org/registration_2005.html to register online. Contact Charles at 843-303-3334 with questions.

WALK/BIKE TO SCHOOL DAY: OCT. 5, WEEK: OCT. 3-7

According to the website of the U.S. Walk and Bike to School Day, "Each October, millions of children, parents, teachers and community leaders across the globe walk to school to celebrate International Walk to School Day and, since 2003, International Walk to School Week. It is an energizing event, reminding parents and children alike of the simple joy of walking to school. It also serves as an opportunity to focus on the importance of physical activity, safety, air quality and walkable communities. Walk to School activities often become a catalyst for on-going efforts to increase safe walking and bicycling all of the time."

For more on Walk and Bike to School Day (and international links), go to: <http://www.walktoschool-usa.org/>

MORE OUT OF TOWN RIDES – DC AREA

Tour of Hope

Saturday, October 8th

Join the Tour of Hope as it finishes at the Ellipse in Downtown Washington, DC. Cheer on local riders as well as cross-country riders and possibly the man himself, Lance Armstrong. WABA will be holding a free and open to the public Kids Bike Safety event during the ride finale. Stay tuned to www.waba.org and www.tourofhope.org for up to date information.

50 States Ride and 13 Colony Tour

Saturday, October 15th

The Fifty States Tour, a 60-plus mile cue sheet only/unsupported ride where participants will ride on every state-named street in DC, takes place on Saturday, October 15th. The tour is part of WABA's mission to promote cycling for fun, fitness, and transportation throughout the year. From Alabama to Wyoming, all 50 state-named streets in the Nation's Capital will be covered by the riders on the Fifty States Tour. The 50 States Tour is for more experienced urban cyclists used to riding in city traffic and WABA encourages all participants to bring tools, extra tools and a pump on their ride.

Can't do the full 60 miles? Then ride the 13 Colony Tour. Similar to the 50 States Tour, this is a ride that hits all of the original 13 colonies. The approximate distance is 15 miles.

Start Location: WABA office at 733 15th Street NW

Start Times: 50 States Tour begins at 8am

13 Colony Ride begins at 9am

Suggested donation for cue sheets: \$10. Payment for the tours will occur on the day of the event. For more information email waba@waba.org or call us at 202-628-2500. Helmets required.

Tour Du Port

October 16th

Experience Baltimore as never before! Join hundreds of other cyclists in discovering the special waterfront of Baltimore by bicycle. This Sunday morning autumn ride through the Inner Harbor, port areas, and historic neighborhoods surrounding Baltimore's famous port is a major event on the city's calendar. In its eleventh year,

Tour du Port is brought to you by One Less Car: Maryland Campaign for Bicycling & Walking, Maryland's only statewide bicycle and pedestrian advocacy group. For more information visit www.onelesscar.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 OCTOBER/November-December

HAROLD (BERT) BERGDOLL

JASON CRIST

DOUG LANE

WOODY STRAWDERMAN

JEFF & TAZ BROWN ***

DAVID E. FRYE

BILL & ELLEN PAINTER

TERRY WARD FAMILY

LEWIS COHEN

RAYMOND GAY ***

M SCHRAUDER & FAMILY ***

ELIZABETH WILSON

Shawn Carrico ***

Len Moyerman ***

Chap Womack

*** 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

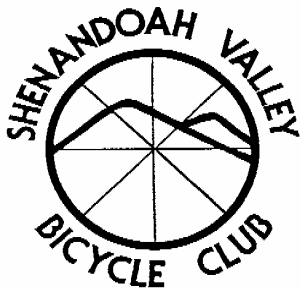
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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