



NOVEMBER-DECEMBER 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.

November 14	7:00pm	Monthly meeting.
December 12	7:00pm	Monthly meeting.

OCTOBER MEETING MINUTES

The October 10th, 2005 meeting of the SVBC was held in the "smoking section" (again) of Luigi's 42S. There were nine members present. The Treasurer reported a balance of \$6,226.48.

Business discussed, but in no specific order included:

A \$50.00 donation was approved to help with the cost of pizza and drinks prior to the Harrisonburg City Council meeting on the 11th. During the meeting the city council approved the 2005 Bicycle Plan. Thanks to Ben, Paul, Thomas, and all the folks who showed up on Tuesday to pack the council chambers. Good job.

The semi-annual trash pick-up and ride was rained out and is rescheduled for Saturday October 22nd. This may be an "old event" by publication date, however meet at the intersection of Amberly and Skidmore Roads at 9am, ride from Food Lion 42N at 10am.

Expect the Century recap mentioned in the September newsletter in the October newsletter. Right Art?

Robert Cone has registered the Club's web page and is in the process of updating, designing, and launching our new web page. First of all, THANKS to Robert for all his hard work and expertise. Look for the site to be active soon at www.svbikeclub.org or www.svbikeclub.com.

Neups is recommending the article in the September-October Adventure Cyclist entitled "The Bluesman and the Apprentice". This is an excellent article on riding in traffic, something we all seem to be doing more frequently. Are we riding more or is there more traffic? Go figure.

The last Wednesday night ride for 2005 will be October 26th. Another successful, if not stressful, year with ride leader Marcia coping with a broken wrist. Look for the recap in the November newsletter.

In SMBC news the Festival will take place during the weekend of October 15-16th. Saturday trail work will concentrate on the trail from Rt. 33 to Bother Knob. Thursday Night rides are happening. Look for where on SMBC's web site. The ride changes location from week to week. Keister Elementary School is the venue for Tuesday evening cyclo-cross training rides. Meet at 6pm on the gravel track.

After much wonderful conversation and food (way to go Jack, next time Thomas will get a large) the meeting was adjourned. The next meeting will be at **7pm** at Luigi's 42S (old). Please **note the time change** for the standard time months.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Matt Benin	Harrisonburg
Jeremiah Bishop	Harrisonburg
Joseph R Frease II	Weyers Cave
Brock Lowery	Harrisonburg
Joel Maynard	Harrisonburg
Jason Sajko	Bridgewater
Mark Veerman	Harrisonburg

WELCOME BACK RETURNING MEMBERS

Bert Bergdoll	Peter Bsumek	Doug Lane
Kyle Lawrence	Len Moyerman	Ben and Anna Wyse

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	www.svbikeclub.org	Message group	http://groups.yahoo.com/group/svbikeclub/		
	Ride board	http://www.websitereactions.com/Rideboard			

WWW.SVBIKECLUB.ORG

As mentioned in the minutes, the Club now has a registered web site at www.svbikeclub.org. If you've got our old address bookmarked, be sure to change it now. Robert Cone is the webmaster and you can e-mail him at webmaster@svbikeclub.org. Things are coming along nicely, but Robert could really use some PHOTOS, CUE SHEETS, MAPS, and suggestions. Be sure to e-mail him with what you've got. We've got plenty of room, so don't be shy.

Due to having plenty of space, we've started getting the really old newsletters set up as PDF files and posting them on the site. So far we've gotten the 1983 through 1989 newsletters posted, though we're missing February, March, May, and August 1985 issues and the December 1988 issue. It's a long shot, but if you still happen to have any of these issues, get it to a Club officer so we can fill in these gaps. The past issues will also have a recap next to the file link, so you won't have to hunt for articles you might want to find. The recaps will be of non-normal items, so things like minutes and time trial results aren't listed in the recaps. Neups has been reading all the past newsletters and getting the recaps done as fast as he can. So far, 1983 through 1985 and April 1996 through the last issue have a recap. Check out these archives. You'll be amazed with the activities of the Club in its infancy and laugh at some of the pictures and articles.

WHO HAS THE BURLEY?

We've noted in our classifieds that the Club has a Burley Trailer for loan. It went from Valerie Kramer to Dean Cummings. But now we're not sure where it is. If you have it, please let Neups know (438-1488 or news_editor@svbikeclub.org) so we can keep track of it. Thanks.

NEW ENGLAND, part 2

August 9 – Today was not to be that bad a day as it was much flatter, and actually mostly downhill. But the best laid plans.... The roads were somewhat rougher than they had been and a wrong turn cost us about an extra mile early on. Cars really watch out for bicyclists up there. We didn't do much waiting when we were looking to cross the road while pushing our bikes as both lanes stopped. Robin had a flat today.

The day got worse as we missed a turn that this time ended up costing us more than five extra miles. The road signage needs to be a lot better, as I had been warned by my friend from Harrisburg. The nice part about the extra mileage was that it was on a well-shouldered road next to a river.

But missing our turn also meant we were somewhat lost and didn't quite know the location of our end point for the day. We stopped twice in Lawrence before we found someone who could point us the way. By then we had a lot of traffic and the packs were growing weary. Getting what we hoped was closer to the state park, we stopped at a convenience store to be sure of our direction and the employee hadn't even heard of the park, so again we ending up not buying dinner supplies before finishing the day's ride. Another mistake, as the turnoff was just a couple more miles. But then we had to weave through various roads to finally come to the campground. Of course, there was no camp store, so I ended up riding three more miles (downhill) and then three more miles (uphill with groceries). That put the totals for the day at 6:21 of saddle time and 80 miles.

August 10 – After a good night's rest, we started towards New Hampshire. After yesterday's riding with all the traffic, we had decided to forego reaching Maine in order to stay away from the bigger towns. This would also give us an extra day for rest or rain, should we need it. We took an alternate route out of the state park, but still had a small section of yesterday's route to transverse again. The ride north was pleasant, especially since we weren't in the line of traffic heading south towards work. Upon reaching the state line, Robin noticed her rear tire was low. I decided to just pump it up to see if it was a true flat or not. After several minutes and no hissing sound, I decided it was the stress of the extra weight in her packs, and we continued.

The day was very hot again (where was the cooler temperatures we were hoping to have?!). Luckily we stopped in Raymond for lunch. The deli made us some HUGE sandwiches (which Robin was able to devour easily) and we sat across the street in a little town park. There we dined with a local working on the restoration of one of the town's historical buildings - the train depot if I remember correctly. We had great conversation, but then had to pack up and move on towards our campground. That ended up being not much further away. But we saw a convenience store and pounced on it, even though our stomachs were still quite full.

The turn-off to the state park was just past the store, and included some good climbing to get to the campsites. So we had a short day of only 3:45 in the saddle and 46 miles. As the day was still young and they had a lake, we walked down and did some swimming. A camp store was here, so we had ice cream and bought some drinks for supper.

August 11 – The rerouting we did actually had one drawback – we would stay in the mountains more and do more climbing. This really turned out to be the case today. We left the campsite under cooler temperatures and an overcast sky. The sun finally came out about 9:15am and by 12:30pm the temperature was 87°. Climbing up Parker Mountain, we were only going 4-1/2 mph. Then we came through a busy town on Lake Winnepesaukee and enjoyed the views from Route 11. But then we were back to climbing to Gunstock State Park to finish our day. We were not pleased with the steepness combined with the heat, so it felt good to finally finish the five hour, 57 mile day.

August 12 – Again the day started out overcast and cool, but we eventually hit the 80's again. I suffered a rear flat at the top of a good climb. Thinking it might be a slow leak as Robin's was, I put in air and we continued. But within a couple miles it was flat again, so we stopped at a bagel shop for a snack and a chance and place for me to put in a new tube.

Being low on replacement tubes now, we inquired as to the whereabouts of a nearby bicycle shop and got directions. This took us more out of our way than it was supposed to (it always does when given by a motorist), but the shop was a friendly. Not only did we pick up more tubes, I had the mechanic replace Robin's rear tube – the slow leak was still with us and I had been pumping her tire every morning. And Robin found some great sunglasses that were on sale cheap!

After leaving the shop, we were passed by a cyclist out for a morning ride. Somehow, though he was much faster than us, we ended up being passed by him twice more.

Our goal now was a campground along the Kangamangus Highway. But our problem was that it was a Friday and the weekend was starting early for campers. Even though we were at the first campground before the work day let out, it was full. As was the second campground. But as we had already traveled a good distance, and the next campground (with no guarantee of occupancy) was twenty miles, and it was beginning to rain, we convinced the host to let us pitch our tent in an open field without the normal amenities of a picnic table and prepared campsite. Thus, we finished our day with 5:32 in the saddle and 69 more miles.

SHENANDOAH VALLEY CENTURY RECAP

My thanks to all who helped with this year's Century, what ever your level of participation. No matter what "yardstick" you use to measure success, our 23rd Annual SVC ranks right up there. The day dawned with great weather, Hillandale Park was opened on time, and we even got the Century riders on the road by 8:05am. This was a record start I think, although some perhaps could have benefited from some more C4 versus Dan Henry arrow description. The total number of riders was 169, with about 70 completing a hundred miles (or more – see above C4 comment). The highlight of the day was clearly Robin's paninis at the finish – special thanks for starting a new tradition.

So, 150 paninis, eleven dozen bagels, 145 ounces of peanut butter and 42 gallons of Gatorade later, the 2005 Shenandoah Valley Century is history. Planning for our 24th has already started. Again, many thanks to the riders, contributors, and volunteers who helped make the 23rd one of the best.

Art Fovargue

ADVOCACY

FHWA LAUNCHES SAFE ROUTES TO SCHOOL WEBSITE

According to a recent note from Tim Arnade, the Federal Highway Administration's Safe Routes to School Program Manager, "I'm pleased to inform that the Federal Highway Administration's Office of Safety now has a web site dedicated to the new, federally funded, Safe Routes to School Program. It is our intent to disseminate new information (Q&A, program guidelines, etc) through this web site which will allow for regular additions, updates, revisions, etc., while reaching a wide range of users. When significant new information is posted, we will be sure to send you an email alert."

Here is the link: <http://safety.fhwa.dot.gov/saferoutes/>

The FHWA' Office of Safety's home page is here: <http://safety.fhwa.dot.gov/index.htm>

BIKE LANE PATHS ON GOOGLE MAPS

Google Maps now does bike lane paths as well. Here's an overlay of bike lanes paths and recommended routes in Chicago. Visit <http://www.andreischeinkman.com/bikemap/>.

ALRC IMPLEMENTS EXPERTS DIRECTORY

The Active Living Resource Center (ALRC) web site has implemented a new online directory of experts who can assist neighborhoods and communities in their efforts to make more bicycle friendly and walkable environments.

"The ALRC site is aimed at individuals and small community groups that are trying to make their neighborhoods and communities better places to live," said Gary MacFadden. "They have questions that need answering, and they often require direct assistance."

A person can search the Directory on a state-by-state basis only, or use an advanced search page for queries by region or specialty.

If you consider yourself an expert, or even pretty knowledgeable, in the bicycle and pedestrian field, you're encouraged to add yourself to the ALRC Directory. "The link below will bring up a page where you enter your name, contact information (e-mail required, phone NOT required but encouraged) and your specialty areas," MacFadden said. "You'll also need to enter your state and regional or national practice area."

MacFadden added that the entry function can also be used to add another person to the Directory. "If you know of someone who would be a good addition to the Directory, and you don't see his or her name already in the lists, use the form to submit their name," MacFadden said. "We'll check each listing before it is released to the public site."

To add your name or submit another person's name to the ALRC Experts Directory, go to:

http://www.activelivingresources.org/new_expert.php

To use the Experts Directory, go to: http://www.activelivingresources.org/experts_directory.php

OCTOBER TRASH PICK-UP

Well, after the first rain out, and a good chance for more showers, the trash team of Marcia, Marshall, Dennis Herr, and Neups got out and got our section of road done. It seemed not much was out there and we got done in all of forty minutes. Many thanks!!

SMBC NEWS AND HAPPENINGS

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

Monday Beginner Bike Ride is over for the season.

Tuesday Cyclocross Ride: meet at 6pm at Keister Elementary School. Time and place will change after daylight savings. Contact Mike Carpenter with questions. carpenmc@jmu.edu.

Thursday MTB Night Rides: Lights will be needed. SBC has some demos. Meet at trail head 6:30pm. Trail posted Wednesday at www.shenandoahmountainbikeclub.com. Contact Thomas with questions, tj@shenandoahbicycle.com.

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 someone. Please let the Newsletter Editor know!

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

FAREWELL

Time has gotten away from me and all of a sudden Carol and I are leaving for Pennsylvania. I had hoped to be able to get in 1 more Wednesday ride, but it is not to be. We will be departing Friday.

I wish to say it has been a pleasure being a part of the Bike Club. I not only got to enjoy what is clearly some of the most beautiful country to ride through, but also to meet some very good people. I wish to thank everyone for their camaraderie, with special thanks to Marcia and Marshall for welcoming Carol and I so warmly, Rich for leading all those Sunday rides (and waiting at the top), and Neups for his dedication to promote cycling in the Valley. Honorable mentions go out to Cowles, Barbara, Carl, Steve and Annie. I will forever consider you as good friends.

My E-mail address will remain the same and look forward to monitoring the goings on of the Club. I hope I will have the opportunity some day to return and ride with you all.

In the immortal words of Tony Kornheiser, "If you're going to be out on your bike tonight, please wear white".

Goodbye, Farewell and Amen.

Guy and Carol Wolf

TIDBITS

THE NEWLY REDESIGNED BANANA GUARDS ARE HERE!!!!

The Banana Guard allows for the safe transport and storage of individual bananas letting you enjoy perfect banana anytime, anywhere.

The Banana Guard was specially designed to fit the vast majority of bananas. Its other features include multiple small perforations to facilitate ventilation thereby preventing premature ripening and a sturdy locking mechanism to keep the Banana Guard closed. The Banana Guard is of course dishwasher safe for easy cleaning.

Colors currently available from Wallbike: Ravishing Red, Mellow Yellow, Brilliant Blue, and Passionate Purple. Source: <http://tinyurl.com/bqvvh>. *from CenterLines Issue #131*

WEB OF TRAILS

American Trails, the only national nonprofit working on behalf of all trail interests, is looking for the best websites in the world of trails and greenways. The organization is searching for "sites that really make trails come alive...Our contest winners use the power of the Internet to communicate effectively with trails advocates, users, and the general public." By visiting the following link, you can check out past winners of the American Trails Website Contest, and also learn how to enter your club's, or your own, website in the 2005 competition: <http://www.americantrails.org/webcon05.html>.



The start of the 2005 24th
Annual Shenandoah
Valley Century

CONNIE PETERSON finished 7th in her age group in the Triathlon World Championships with a time of 2:20:03. The girl rocked! Full results are listed at <http://www2.competitions.com/age-group/W05AG.HTML>.

At the recent **LANCE ARMSTRONG FOUNDATION GALA** in the Waldorf-Astoria hotel in New York, \$4.7M was raised for LAF's advocacy, public health, and research programs. The bike adorned with gold and man-made yellow diamonds sold for \$75,000, making it the world's most expensive bicycle.

BICYCLES WITH ICICLES

If you thought you couldn't ride through winter, check out these tips from the Fairbanks, AK club. www.fairbankscycleclub.org/Winter

SCHEDULE OF EVENTS

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

**SUNDAYS -
NOVEMBER**

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.

**SUNDAYS -
DECEMBER**

SUNDAY RIDES. Rides leaving from Bridgewater College at 10am. We ride 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.

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 NOVEMBER/January

SHAWN CARRICO ***

CHAP WOMACK

Rich Harris

Thomas & Julie Jenkins

Terri Prodoehl

Rowland Shank

*** 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 news_editor@svbikeclub.org or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.

THE SVBC IS AFFILIATED WITH THESE ORGANIZATIONS

 League of American Bicyclists	 Adventure Cycling Association
Proud Member  <i>Advancing bicycling through unified state and local advocacy organizations</i>	 Virginia Bicycling Federation

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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