

JUNE 2006 NEWSLETTER

Volume 24, Issue 5

SVBC OFFICERS

President: Ben Wyse	432-3696
Vice-President: Jack Leetum	234-9934
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.
June 12 **7:30pm** Monthly meeting.

MAY MEETING MINUTES

The May SVBC meeting was held at Luigi's Rt. 42S on May 8th at 7:30 P.M. Vice President Jack Leetum presided in the absence of President Ben Wyse. Ben was attending a bike/pedestrian path meeting with Harrisonburg officials and residents. Thanks, Ben. The Treasurer reported a balance of \$4,386.31. It was decided to postpone the budget report until Ben could be at the meeting. The budget presentation will be during the June meeting.

Neups reported that David has assumed compiling the newsletter. If anyone has articles or information to be published in the newsletter, send them to news_editor@svbikeclub.org. Neups no longer receives e-mails addressed to the news editor; however, he still maintains the membership files and can be contacted through his personal e-mail, neups-web@att.net. There is still a need for someone to take over membership, mailing and copying of the newsletter, and trash pick-up coordination so Neups can begin to concentrate on mapping. Interested members should contact Neups, please!

The Shenandoah Valley and Our Community Place Festival and Bike Ride will be July 29th. All new routes have been designed by Neups. Additional rest stops and route marking will be required, so volunteer as the time approaches.

The web page continues to receive great reviews. Robert Cone has done a good job on keeping the page updated on events and happenings. Look there frequently for rides, happenings, and general cycling information. <http://www.svbikeclub.org/>

A local "Ride of Silence" for May 17th was discussed, however it was felt the timing was too soon to do a good job. Look for earlier preparations for a ride in 2007. Go to <http://www.rideofsilence.org> for a

description of the purpose of this event. Hopefully next year we will have a ride in Harrisonburg. If you are interested in heading up a group to plan a "Ride of Silence" contact any of the Club's officers.

Bike-to-Work Week is May 15-19 and **Bike-to-Work Day** is Friday, May 19. For information, check with the official sponsor -- the League of American Bicyclists -- at <http://www.bikeleague.org>.

May begins official time trials the second and fourth Tuesday of each month. Additionally there is a "Fast Thursday Ride" leaving from Keezletown Elementary School. Check with Chris Meyer for details or go to the SVBC web page or the ride board. The HATS tandem rides are the first Sunday of each month leaving HHS at 2 P.M. May's ride saw two tandems brave the elements (wind and rain). Dave and Lee have 100% attendance so far.

Lots of SMBC events and news from Thomas. Go to <http://www.shenandoahmountainbikeclub.com/> for all the details. One item is the Memorial Day IMBA, VMBA, MORE, and SMBC camping weekend at Stokesville Campground. Check out the IMBA web site for details and registration at www.imba.com. Our local club will receive a portion of the registration fee according to the number of SMBC attendees.

The next meeting will be June 12th, 7:30 at Luigi's Rt. 42S (Old Luigi's).

Vice President Jack Leetum adjourned the meeting.

Respectfully submitted,

Marshall Hammond
Secretary SVBC

WELCOME BACK RETURNING MEMBERS

Basil Hangemanole The Matt Hegemier Family Dary & Nathaniel Erwin
Carl Goetz Leonard Clymer

Thank you for your continued support.

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 David Duke 540-743-4786

Advocacy 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>

ADVOCACY

This was sent to us regarding an article from last month's newsletter.

Regarding John Allen's 1997 article "Let's Talk Some Sense about Riding Side By Side", please note that Virginia's general prohibition on two-abreast cycling was repealed by the Virginia General Assembly in 2004.

Allen Muchnick

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 the Shenandoah Bicycle Company. See Ben Wyse.

FOR SALE: Make me an offer – 25" 1993 Cannondale T700 bicycle. Total bike or frame only. Shoes – Avia size 10 men's road; Specialized size 43 (European) men's mountain/touring; Performance size 9-1/2 men's road. Pedals – MKS mountain/touring; Sampson racing with spare cleats; Sampson racing old-style (non-rotating until you're clipped in). Tires – 27 x 1-1/4 (3); 700 x 28 Tri-cross knobby (2). Call Neups at 438-1488.

TIDBITS

Shimano is recalling some of their front quick releases, here is a link to the story:
<http://mbaction.com/detail.asp?id=1899>

How much does it cost you to get to work? If you're driving a car, here is a quick way to find out! Visit: <http://rideshare.511.org/calculator>

What about trips that you take by car less than five miles from where you live for short errands such as the post office, pharmacy, grocery store, the gym, or that pound of coffee you "have" to pick up from the local coffee shop? Add these trips in to the quick cost calculator and see how much it really costs for you to drive your car!

Try replacing short trips in the car with bicycling or walking. These trips are free, and include a bonus of adding fitness to your routine; you may no longer need to go to the gym. Now recalculate your trips and see how much money you're saving!

TIME TRIAL RESULTS

May 9		5-10mph Westerly winds 60 degrees sunny	
		<u>Male</u>	
Bill Whitman	22:36	Ron Sutherland	22:55
Neups	25:03	Steve LaDrew	26:44
Dusty	29:03		
		<u>Female</u>	
Sue George	26:26	Jody Hess	33:15
May 23		Breezy to windy 70 degrees	
		<u>Male</u>	
Bill Whitman	22:52	Dave Duke	22:55
Ron Sutherland	23:25	Bob Sease	25:06
Kurt Rosenburger	25:54		
Matt Styer (fixy)	28:51	Thomas Jenkins (fixy)	28:57
		<u>Female</u>	
Connie Peterson	24:57	Trina Graham	29:04

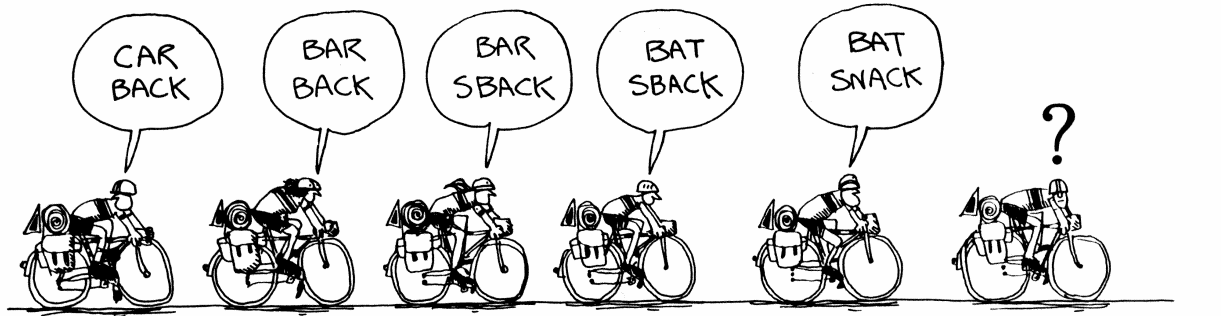
SCHEDULE OF EVENTS

Helmets are required on all Club rides.

TUESDAYS	Time trials. They will be on the 2nd and 4th Tuesday of each month from May - September. Meet at the corner of Rte 257 and W Dry River Rd at 6:30 pm. Course is a flat 10-mile out and back.
WEDNESDAYS	WEDNESDAY EVENING RIDES We will meet at Harrisonburg High School (1001 Garbers Church Rd). Ride leaves PROMPTLY at 5:15P.M. Please join us!! We will ride for 1 1/2 to 2 hrs. Having FUN is our main objective...we DO NOT ride at race pace. Please save that for another time, another ride!! Contact: Marcia (432-3312)
THURSDAYS	Fast Ride. Meet at Old Keezletown Elementary School, at the intersection of Indian Trail Rd. and Mountain Valley Rd This is a "friendly" fast ride; we will have periods of intensity, averaging 25+ mph, but will wait up for any dropped riders. If you know you might not have the fitness to keep up all the time, but want to get fast, please come! We will not leave anyone out in the wilds of Harrisonburg. 30-35 miles Email Chris Meyer with any questions. Or, call her at 540-746-8456. cmeyer@websitereactions.com
SUNDAYS	SUNDAY RIDES leave from Bridgewater College at 9 am. Spend a few hours riding with good company. 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.
1st SUNDAY	HATS TANDEM RIDE. 2pm, new Harrisonburg High School. We're looking to have this be a monthly ride on the 1st Sunday of each month.

July 29

Shenandoah Valley Bicycle Festival Bicycle rides of 25, 50, or 100 miles. Sponsored by the Shenandoah Valley Bicycle Club for Our Community Place. Visit the website for more information.



-ADVENTURE CYCLING

June 10-11

MS 150 Bike Tour, Charlottesville, June 10-11. Various options are 150K, 150 miles, 175 miles, or 200 miles throughout the course of the weekend or choose a 25 mile ride offered on Saturday only. The tour will be fully supported with finish line parties on both days. Additional information and registration can be found at www.nationalmssociety.org/vab

June 17-24

The Great Ohio Bicycle Adventure Announces Southwest Ohio Route for 2006. The 2006 tour, June 17-24, will feature the southwestern section of Ohio. Those interested in receiving registration information and tour details can request a brochure by calling 614-273-0811, by visiting the website at www.goba.com, or by writing to GOBA at 1525 Bethel Rd., Ste. 100, Columbus, Ohio 43220. Application deadline is May 17, 2006.

July 8

Big Walker Century Ride. Wytheville, VA. This year the route will lead you through the rolling hills of Wythe County for 42 miles before it crosses the mountain the first time. Many riders wanted more miles before the big climb to keep the groups together longer. Then after a good dose of Bland County's roller coaster hills, you will hit the mountain again. We will also have a 25, 40 and 62 mile option. The website is <http://www.bigwalkercenturyride.com/>

July 15-16

3rd Annual Vermont Lakes Region Cycling Weekend, Poultney, Vermont. Event website is www.cyclingvermont.org. The Vermont Lakes Region Cycling Club is a small club located in western Vermont.

July 29

Shenandoah Valley Bicycle Festival Bicycle rides of 25, 50, or 100 miles through the scenic and historic Shenandoah Valley of Virginia. Sponsored by the Shenandoah Valley Bicycle Club for Our Community Place

July 29

James City-Bruton Volunteer Fire Department will hold its 6th Annual "To The RESCUE Bicycle Tour". The ride will include self-paced, well-marked routes; maps and cue sheets; great rest stops; post ride meal and more. For more information about the ride or to be added to our mailing list, contact Captain T.D. Langston at (757) 566-2126 or RescueRide@verizon.net.

August-27

Mark your Calendars now to join us on August 27, 2006 for Central Virginia's most challenging century event. Visit www.blueridgeextreme.com

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

JUNE

JENNIFER BOWMAN
EDDIE BUMBAUGH
KYLE A. MURPHY

DANIEL J. NEHER
BAIN & LISA ROUTHIER
STACEY SHORT & KATHY WERNER
BILL & MEG O'Brien WIGHTMAN

JULY

MARY B. ATKINS
BARBARA CARSON-CAMPBELL
ART FOVARGUE FAMILY
JENS ALSTRUP HANSEN ***
HADLEY JENNER

VALERIE KRAMER
SHEILA AND TERRY NEWMAN
MIKE SAUNDERS
LORENDIA SCHMIDT
MICHAEL WEAVER

*** 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.

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

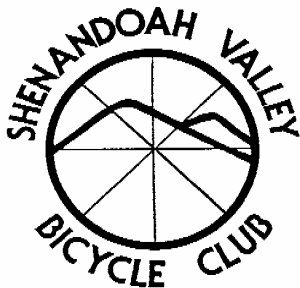
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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