

June-July-August 2007 Newsletter

Volume 25, Issue 4

SVBC OFFICERS

President: Ben Wyse 432-3696
Vice-President: Jack Leetun 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.

August 13th 7:30 pm Monthly meeting

The Ride of Silence

The Ride of Silence was observed in Harrisonburg, VA on May 16th with riders starting the ride at 7 PM local time. There were 32 riders for this inaugural event held to honor those cyclists that have been killed or injured by motor vehicles. Everyone wore a black arm band and many wore a red arm band to signify that they had been involved in a motor vehicle/bicycle accident. The Daily News Record was on hand to report on the ride as well as take photos and a story appeared the next morning in the May 17th edition.

The ride left HHS on Garbers Church Road and proceeded to RT 42 by way of Erickson Ave. No one talked and the ride moved onto the busy RT 42 toward Cantrell Avenue. The size of the group made it easier to occupy one lane as traffic moved cautiously around. Turning onto Cantrell the Daily News Record photog-

rapher took pictures as the group passed and turned onto Main Street. With every stop and start all that anyone heard was the clipping and unclipping of pedals. No one spoke and the funeral like procession moved through downtown to Gay Street and eventually Chicago Ave. to EMU. Turning toward Waterman from College St. all

riders sensed a special bond with every cyclist who had been hit, injured, or killed by a motor vehicle. No one spoke but everyone knew what the feeling was in the group. Returning to HHS meant a sigh of relief for completing the 10 mile ride without incident or confrontation and most riders stayed in the parking lot to visit and remember



the special feeling of unity the ride brought. Look for the Ride of Silence in May 2008 as this becomes an annual event. Thanks to everyone who participated.

May 2007 Club Meeting Minutes

The May SVBC meeting was held at Luigi's Rt. 42S on the 14th at 7:30 P.M. President Ben Wyse presided. There were 9 members present. The prize for fastest arrival went to Andy R. and the sorest b--- to Kyle L. The treasurer reported a balance of \$5807.68. Income of \$98 came from 3 individual, 3 family, and one dual family membership. No expenditures.

Thanks to Matt S. for the current newsletter. Good job. A suggestion was made to e-mail a link to the newsletter rather than the newsletter itself. Anyone with concerns or ideas please express them to Matt or Marshall.

The Ride of Silence is May 16th at 7 P.M. Since the minutes are being published on the 16th there isn't a need to go into details. Hopefully a detailed report will be made for the June newsletter.

Ben reported that the first lady to swim the English Channel did so while eating fried chicken. I was told to put that in the minutes. Go figure. Ben reported that Festival (July 28th) flyers have been mailed to local clubs, all participants from last year, and a PSA will air the end of May. OCP has 18 volunteers to help the day of the event. Ride leaders are needed for the 25, 50, and 100 mile rides. Contact Marcia L. to volunteer.

Planning for the 25th Annual Century is moving along under the able direction of Art F. The next planning meeting will be at Connie P's on the 23rd of May.

Ben being Ben and on some sort of medication reminded folks real men take their wives' name to show who is in charge. That being said, he indicated he may have to attend his child's birth if it comes on Century Day. He was severely chastised by Basil who wanted to know how he determined his priorities. As you can see nothing to do with SVBC business. A some what loose meeting this month.

The combined and as of yet unnamed club's mission statement was read with comments and suggestions solicited. All agreed the mission statement was well written and reflected well on the club. The statement can be viewed on the SVBC web page. Send comments to any steering committee member.

There will be an Alley Cat (Cops and Robbers) Sat. May 19th. Meet on Court Square at 8 and come prepared to save the city. Bring a \$2 donation and wear your helmet.

The next meeting will be June 11th. 7:30 at Luigi's.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

June 2007 Club Meeting Minutes

The June SVBC meeting was held at Luigi's Rt. 42S on the 11th at 7:30 P.M. Secretary Marshall Hammond presided. There were 12 members present. The treasurer reported a balance of \$5795.31. Income of \$55 came from membership. No expenditures.

Art reported (in absentia) that he has received the first registration for the 25th Century. There is a Century meeting June 20th, 7:30 at M&M's house 1221-A Old Windmill Circle.

The Ride of Silence held May 16th at 7 P.M. had 32 riders who rode a 10 mile loop through town to high light the need to Share the Road and remember those cyclists killed by vehicular accidents. Thanks to everyone who participated. All involved thought the ride accomplished its goal.

Thomas reported the Steering Committee has formulated a vision and mission statement as well as proposed name

possibilities. More information will be published soon. Look in the June or July newsletter.

Volunteers are needed to mark the three routes and be ride leaders for the 15th SVB Festival for OCP. The Sat. festival is July 28th with route marking the week before. There will also be a dawn patrol the day of the festival to confirm the route. Interested persons can contact Marshall or Marcia to volunteer.

Basil reported VDOT confirmed their intension to provide improved shoulders on the Route 644 upgrade into Massanutten Resort. This was a result of he and other club members raising concerns about no provision for cyclists. Thanks to Thomas and Basil for seeing this to a happy conclusion. Club members take note we can make a difference. Keep your eyes open for other possibilities to improve cycling.

Carl D. reported on the MS Ride the weekend of June 8-10. SVBC was well represented with 6 riders, 3 sup-

port and mechanical support persons included in the 540 other cyclists. \$350,000 was raised to combat MS. Great job folks.

Sunday rides are still going on from Bridgewater College. Check with Rich Harris for details.

The next meeting will be July 9th. 7:30 at Luigi's.

July 2007 Club Meeting Minutes

The June SVBC meeting was held at Luigi's Rt. 42S on the 11th at 7:30 P.M. President Ben Wyse presided. There were 9 members present. The treasurer reported a balance of \$5011.73. Income of \$115 came from membership and a very nice donation. Expenditures were \$902.50 for Century water bottles and \$26 for Festival marking paint.

There will hopefully be a June/July newsletter so the club can get Festival and Century information out to the shops and members who are not involved in planning. The club could use assistance to help Matt Styer when he is out of town. Contact any club officer or Matt to volunteer.

The SVBC web page is sorely in need of updating. Anyone with the expertise and time to help Robert please contact Robert Cone or any officer. Come on folks there are plenty of members and we need to spread the job assignments around.

Art reported great progress on the 25th Century. Lots of volunteers are needed this year in anticipation of a larger than normal crowd. Contact Art for needed assignments. Local riders are encouraged to register early this year so prizes and a water bottle will be reserved for you. Come to the next Century planning meeting at Art's house July 25th @ 7:30. A big thank you to Thomas and Julie for their design of an

Kind of boring minutes, but the meeting was raucous. Come find out for yourself.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

attractive brochure. Check them out at local bike shops and other venues.

Jonathan, representing OCP, reported Festival preparations. The Festival is July 28th with 25, 50, and 100 mile rides. Leaders are needed, contact Marcia. A full meal will be offered after the ride, music, festivities. The route will be pre-riden to take care of markings. Come join a great ride and support OCP. In addition to ride leaders volunteers for tasks are needed. Contact Jonathan at the Little Grill or come to the volunteer meeting Monday July 23rd 6 PM at OCP.

Thomas reported on steering committee progress. The committee is moving ahead with structure and design criteria, board members, officers, voting powers, and a time frame to make all this happen. Stay tuned for a call to help.

Everyone agreed the new Rockingham Trail is a good addition, but would like to see signage and crossing paint on Waterman. Ben is talking to the city to get a time table. Take a ride north to see this first real bike path in Harrisonburg.

The next meeting will be August 13th at 7:30, hopefully at Luigi's on 42.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

The Battle of North Valley's Hills '07

July 27-29, 2007 Town Park Strasburg, VA
Come join us as we traverse the foothills of the famous Shenandoah Valley that lies comfortably between the majestic Massanutten and Blue Ridge Mountains of Virginia.

Options for Family Rides, 30, 60, & 100 mile recreational rides, hikes, guided walking tours, and MTB tours will carry you on a journey through history and focus on some of the Civil War's most famous battles... such as Fisher's Hill, Tom's Brook, New Market, Cedar Creek, and Hupp's Hill.

Part of the ride will carry you across one of Virginia's most charming scenic byways as well as part of the Civil War Trail... the rest will keep you pumping and coasting, pumping and coasting, & pumping and coasting through the rolling hills of some of the most breathtaking, back-road scenery you've ever beheld. It can be pretty hot in these parts at that time of year, but we've got you covered! Rest Stops will be set up every 7-10 miles with

almost all being at the 7 mile mark for a total of 14 unique Rest Stops in all (including lunch on-course). You'll delight in local favorites, amiable small towns, historic charm, good ol' country hospitality, and a thoroughly rich and enticing culture. Rest Stop delights include frozen custard, warm chocolate chip cookies, fresh berries, ripe pickin's from a local orchard, Route 11 Potato Chips, Tea & Pastries at Belle Grove Plantation, and Radler at the North Mountain Vineyard in authentic Bavarian style! Some of the sites you'll enjoy at special or reduced rates along the way include Shenandoah Caverns, America on Parade, The Yellow Barn, The Historic New Market Battlefield Park, Hall of Valor Civil War Museum, Meem's Bottom Covered Bridge, Route 11 Potato Chip Factory, Belle Grove Plantation, and so much more!

<http://www.forba.org>

Registration is at:

http://www.active.com/event_detail.cfm?event_id=1460811

16th Annual Shenandoah Valley Bike Festival

July 28, 2007

Presented by Our Community Place 17 E. Johnson St.,
Harrisonburg, VA

A variety of ride options for the beginner and the more experienced rider. Rides range in length from 5 to 100 miles.

Rides selected to showcase the exceptional beauty of the Shenandoah Valley

Proceeds from the registration fee are donated to Our Community Place

REGISTRATION INCLUDES:

T-shirt, Ride maps, Ride Support, Mechanical Support, Water & Gatorade, Shower Facilities, Rest Stop

THE RIDES

Ride Miles Level Time

Century 100 A/B 7:00 am

Half Century 50 B 8:00 am

Morning Loop 24 B/C 9:00 am

Stroll 5 C 10:00 am

Ride Ratings:

A: Difficult (hills and length)

HOW TO REGISTER:

Register [online](#) at Active.com OR Register via [mail](#).

If registering by mail:

1. Fill out the following form and waiver (one per participant*), printing clearly. Note: If rider is under age 18, parent or legal guardian must also sign the release. *This form may be copied for additional registrants.
2. Make your check payable to Our Community Place and mail both parts to:

Our Community Place 7 E. Johnson St. Harrisonburg, VA 22802

3. Wait for your e-mail confirmation.

2007 Shenandoah Valley Bike Festival Registration Form

Name _____ Address _____

City, State, Zip _____

E-mail (for registration confirmation) _____ Daytime Phone _____

Emergency Contact Person _____ Emergency Number _____

Total registration enclosed \$ _____

How did you hear about the Bike Festival? _____

WAIVER and ASSUMPTION OF RISK

I certify that my bike is in good mechanical condition for this event. I further certify that my level of physical conditioning is appropriate to complete the event and that there are no known medical reasons why I should not participate. **I understand that wearing a helmet is mandatory.** I hereby waive all claims against Our Community Place, the Shenandoah Valley Bicycle Club, sponsors, and any personnel for any injury I may suffer in this event. I grant full permission to Our Community Place, the Shenandoah Valley Bicycle Club, or its authorized agents, to use photographs, videotapes, or any other record of this event, including my name, likeness, and/or voice, for any legitimate purpose promoting this event. In addition, I hereby give authorization to any medical health professional to treat me or my minor child, _____, as needed, for any illness or injury that might occur during the Shenandoah Valley Bike Festival.

Date _____

Signature _____

B: Moderate to difficult (rolling hills);

C: Moderate to easy.

Ride Volunteers will be present on every ride!

Please note that the festival volunteers cannot guarantee support and rest stops for those individuals leaving on a ride at an unscheduled time. Pre-ride instructions are important for all riders for purposes of safety and possible route changes.

REGISTRATION FEE:

Your tax deductible suggested registration fee is \$20.

Advance registration is preferred, and suggested registration after July 15th is \$25. Feel free to bring children under 4 year of age to participate free of charge. A responsible adult must accompany participants under 13 years of age if parent is not present.

All proceeds go to Our Community Place & The Free Food For All Soup Kitchen. OCP is a 501(c)(3) non-profit organization dedicated to creating a community center on the north end of Harrisonburg that will focus on personal growth and community well being by providing, among other things, free education, food, and fun.

SCHEDULE OF EVENTS

- TUESDAYS (1st & 3rd)** **FIXIE RIDE** meet at Court Square 5:45
- TUESDAYS (2nd & 4th)** 6 P.M. on the TT Road (Dry River rd.)
- WEDNESDAYS** **WEDNESDAY EVENING RIDES.** We meet at Harrisonburg High School (1001 Garbers Church Road). Ride leaves PROMPTLY AT 5:15PM. Please join us. We ride for 1 1/2 - 2 hours. 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.** Thursday Night Fast Ride The fast ride will be starting on March 15th, which is the first Thursday after the time changes. We'll be heading out at 5:30pm from old Keezletown Elementary, at the intersection of Indian Trail and Mountain Valley Rds. (This location might change due to the building being purchased - we'll discuss it if it becomes a problem.) For the first few weeks, we probably will do some tempo riding, instead of going all out, to give our bodies some time to wake up after the winter. If it is raining or below 40 degrees, Chris probably will not be there, but feel free to ride yourselves! Give Chris Meyer a call at 289-9472 or email her at cmeyer@websitereactions.com with any questions.
- SUNDAYS** **SUNDAY RIDES.** Rides leaving from Bridgewater College at 8 am. 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.
- SATURDAY AUGUST 11** **Annual Ice Cream Ride, 9am,** Join us for a few hours on the bike, followed by ice cream. Call Neups if you'd like more information, 438-1488. Meet at Mr. J's North in Harmony Square Shopping Center on Route 42.

Quarter Century of Centuries

The brochures for our 25th annual Shenandoah Valley Century have been printed, and should be available in many locations by the time this newsletter hits the streets. As always, the Century is the second Sunday of September, which is 9/9 this year. Since this is a special year for us, the Century committee has worked hard to make this one a true celebration with numerous new features (probably this year only). To summarize:

we're throwing back the pre-registration price to that in 1983, the first Century - \$4.00 for individuals & \$12.00 for a family for those of you who can't get enough riding, we are offering a fifth loop this year for a double metric century come early & have your picture taken with your bicycle & friends. These will be posted on the club's website later for viewing & downloading door prizes - all paid riders will be entered in drawings for various prizes, including one free hot air balloon ride graciously donated by Valley Ballooning in Woodstock. all riders will receive a commemorative polar water bottle made possible with support of the four bike shops in town paninis at the end - I know this isn't new. But they are so good, I just had to include them

Because we expect many registrants, we are limiting the number of riders to 300 this year. We clearly want all our usual riders to join us in this celebration, so if you are one of those who usually waited until the day of the ride to register - well, don't wait this year.

Now that you are about to run out the door to pick up a brochure to register, please note that we also need volunteers to help the day of the ride. This will be especially true since we expect more riders than typical. The usual slots need filling - sag drivers, parkers, folks to register, checkpoint personnel, gophers, etc. If you, or others you know, can volunteer, we will be most grateful. Of course there will be other opportunities to help before the ride too - distribute brochures, posters, paint arrows, etc. Call me at 433-9247 (leave message - we screen), or email at century@svbikeclub.org Thanks.

Art Fovargue

*See the registration form on the next page.

25th Annual Shenandoah Valley Century

Bicycle rides of 25, 50, 100, or 124 miles through the scenic and historic Shenandoah Valley of Virginia.
Sponsored by the Shenandoah Valley Bicycle Club. Sunday, September 9, 2007

DATE: Sunday, September 9, 2007
TIME: 100 & 124 mile rides: registration 7^{am}; start 8^{am}
25 & 50 miles: registration 7:00^{am}; start 9^{am}
PLACE: Hillendale Park shelter #11 Hillendale Avenue Harrisonburg, VA
COST: Individual \$4.00 pre-registration (see registration form)
Family \$24 (3 or more family members)

Registration includes route map, marked route, route patrol, mechanical help, food and water stops during the ride, and after ride treats. Messages and patches from the League of American Bicyclists (a national bicycling organization) will be available after the ride for a nominal fee. ASTM, CPSC OR SNELL APPROVED HELMETS ARE REQUIRED.

Harrisonburg is easily reached from the north or south via I-81. Hillendale Avenue is off Route 42 (South High Street) on the western side of the city. Parking in Hillendale may be limited. Additional parking is available at the nearby Food Lion and other locations.

INFORMATION: Art Fovargue (540) 433-9247 or Marcia Lamphier (540) 432-3312

The registration form is on the back of this flyer. Additional forms may be obtained at Harrisonburg area bicycle shops. Participants are encouraged to pre-register. Also see www.svbikeclub.org

REGISTRATION FORM - Shenandoah Valley Century

Sunday, September 9, 2007

Name (s) _____

Address _____

City _____ State _____ Zip _____

e-mail (if you want to be notified electronically next year) _____

Tour distance (check one) 25 mile 50 mile 100 mile 124

Cost: \$4.00/person (must be received by 8/25/07; \$12 thereafter) \$ _____

\$24/family (3 or more members) \$ _____

RELEASE: In consideration of the Shenandoah Valley Bicycle Club sponsoring a tour on the above date, I state:

1. I shall be _____ years of age on the tour date and have no physical or other limitations preventing me from riding a bicycle on this tour. Furthermore, if I am under 14 years of age, I will ride with an adult over 18 years of age. Name of adult _____
2. I have inspected my bicycle for this tour and I know it to be in reasonably good and safe condition for this tour.
3. I have adequate and reasonable knowledge of what is prudent and safe bicycle riding and shall ride in that manner, for my own protection, and for the protection of others.
4. I agree to check in with those operating the tour at the end of my ride so that they will know when I am finished on the tour route. Furthermore, if I quit my ride on the tour before completion, I agree to inform those operating the tour that I am finished.
5. In signing this release for myself, or for the named entrant, I understand that the Shenandoah Valley Bicycle Club, club officers, club members, the League of American Bicyclists, the City of Harrisonburg, and any others connected with this event are not responsible for, and are not insurers of, my personal safety during the ride. I recognize that bicycling on the roads may be hazardous and that various dangers such as rough roads, railroad tracks, etc. may be encountered.
6. In case of cancellation due to means beyond our control, a full refund cannot be guaranteed.

I thus release the above organizations and their officers, employees, and members and agree to absolve and hold them harmless from any and all liabilities arising from my having sustained any property damage or personal injury by reason of their negligence in participating, sponsoring, planning, or arranging this event. I shall abide by all traffic laws and practice courtesy and safety in bicycling. I shall wear a CPSC, ASTM F1447, or SNELL approved helmet.

Signature of rider: _____

Signature of Parent or Guardian if rider is under 18 years of age: _____

ALL PARTICIPANTS MUST COMPLETE AND SIGN THIS RELEASE. THIS REGISTRATION FORM WILL NOT BE HONORED IF THE RELEASE IS NOT SIGNED.

Mail form and check payable to Shenandoah Valley Bicycle Club to: SHENANDOAH VALLEY CENTURY
c/o Art Fovargue 1043 Chestnut Dr. Harrisonburg, VA 22801

1st Queen City Century Recap

I caught a notice of the Queen City Century just six days before the ride was to take place in the Eighty-One magazine. I'm glad I did. It turned out to be a great way to start the century season for the year. The ride layout was similar to our own cloverleaf design, but this one's was more lollipop loops out of the rest area, which was situated six miles into the ride. And the scenery was great and traffic low on each loop.

I arrived at the start somewhat early, even though I was pre-registered. Mark Russell and I talked quite a bit before the start. All told, they had forty riders between the 25-, 50-, and 100-mile rides. It was nice to see and talk to others that I don't run into that often - Harry Colman (of the Waynesboro century), Russell Culver (long-time area biker), Jim Wright, Doug, Sam, Patrick, and others. The temperature was maybe 60 but warming quickly. The wind would be a factor today. A police escort took us the couple miles to the edge of the city and we were off.

The front group was already down to nine before our first turn. And the turn brought our first hill, which whittled my group (Sam, Bob, and Patrick were already ahead) down to five on the first part of the climb, then three on the second part. As I turned at the top of the climb to check on Cowles and what I thought was our third person, I got a nice surprise to see Tim Richardson and Trevor on a tandem. Immediately I had thoughts of sucking as much wheel as I could so I could stay out of the wind.

Cowles, Patrick (who had fallen behind Sam due to a quick mechanical) and I stayed with Tim/Trevor through the first loop and came upon Sam at the rest stop. Sam was only doing the fifty, and decided to join (stay with) our group on loop two, which went close by Cowles's home. It also headed north and used part of Roman Road and went up to Spring Hill. On loop three Patrick got ahead of us, Cowles dropped off the tandem somewhere about mile sixty, and I was the lone wheel sucker. Every time Tim (the captain) stood, I was hurting. Finally, at mile seventy, I could no longer hold their wheel and I dropped. I rolled into the rest stop just in time to see Tim/Trevor leave on loop four.

My legs were aching, but even taking two hours for loop four would have put me ahead of my schedule, so I set off on my own, into the wind. Loop four went through Swoope and into Buffalo Gap. At times I felt totally drained of energy and pretty much crawled along the road, just to keep moving. I finally made it back to the rest stop and congratulated Mark on a great first effort. After cruising back to the start, I had a sandwich and drink to refuel my spent reserves. In all, it took about six and a third hours (under six on the road) to complete this century. Time well spent. And so close to home as well. Mark it on your calendars for next year, probably the third Sunday in May, and don't miss next year's edition of the Queen City Century.

-Neups

ALL THE AREA SHOPS CONTRIBUTE TO THE CLUB

Thanks to

Mark's Bike Shop

Mole Hill Bikes

Shenandoah Bicycle Company

East Coast Bicycle Academy.

Please support these local shops.

Printing courtesy of Basil E Hangemanole, Realtor. ERA Kline & May

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.

SMBC NEWS AND HAPPENINGS

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

SVBC ACTIVITY COORDINATORS

Century:.....Art Fovargue 433-9247
Newsletter:Matthew Styer 560-2844
Advocacy:.....Len Van Wyk 432-0138

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

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):

<input type="checkbox"/> Commuting/Utilitarian Riding	<input type="checkbox"/> Touring	<input type="checkbox"/> Mountain Biking
<input type="checkbox"/> Riding for Fun & Fitness	<input type="checkbox"/> Racing	<input type="checkbox"/> Ride Committee
<input type="checkbox"/> Time Trial Committee	<input type="checkbox"/> Century/Festival Comm.	<input type="checkbox"/> Newsletter Committee
<input type="checkbox"/> Advocacy	<input type="checkbox"/> Others (list) _____	

INSURANCE RELEASE

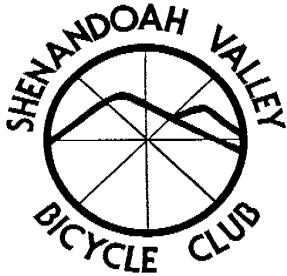
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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