

## August NewsLetter

### SVBC Officers

**President:** Michael Neupauer 434-1878

**Vice President:** Greg Gum 828-0520

**Secretary:** Michelle Gum 828-0520

**Treasurer:** Marcia Lamphier 289-6712

### President's Column

July's meeting had a good turnout. Maybe it was all that good food. Even the stuff made with bulgur. We'll go back to the pre-meeting ride in August. August's meeting will deal mostly with the revised Constitution. For September we're trying to get a speaker from the Shenandoah National Park to talk about mountain biking in the park's boundaries.

Try to partake in the bicycle festival. It's shaping up to be a pretty good affair. Volunteer to lead or just be a rider.

Mike Wenger is running a ski trip March 6-13th, 1993, to Keystone, Colorado. The cost is \$860 with a deposit of \$100 due August 1st. Call Mike for details at 564-0723.

Art's Reddish Knob ride is August 23rd. And I'll run the 2nd Annual Ice Cream ride on the 29th. Call us for details.

Neups

### July Meeting Minutes

There was no official meeting during July only the Annual Picnic which was well attended.

Michelle

**Join the  
Finest Ride  
in History**

*Est. 1986*



*Colonial Virginia*  
**BIKE TREK**

**Oct. 2-4, 1992  
Williamsburg, Va.**

*A 2-day, 100-mile luxury tour  
of Colonial Virginia*

*For information, call*

**1 800 243-TREK**

*Century option available!*

 **AMERICAN  
LUNG ASSOCIATION  
OF VIRGINIA**

July 26 Harrisonburg Bicycle Festival	27 Ladies' Ride 5:45pm Cool Breeze	28 Time Trials 5:45pm-Dayton	29 Training Ride 6:15pm Cool Breeze	30 Ted's Ride 6:15pm Keezletown Elem. School	31 Harrisonburg Bicycle Festival	August 1 Harrisonburg Bicycle Festival
2 Winchester Triathlon Fred Lonas 703-667-5716	3 Ladies' Ride 5:45pm Cool Breeze	4 Time Trials 5:45pm-Dayton	5 Training Ride 6:15pm Cool Breeze	6 Ted's Ride 6:15pm Keezletown Elem. School	7	8 Impromptu Ride-1pm Waterman Elem. School
9	10 SVBC Pre-mtg. Ride-6pm Hillandale 7:30 Meeting	11 Time Trials 5:45pm-Dayton	12 Training Ride 6:15pm Cool Breeze	13 Ted's Ride 6:15pm Keezletown Elem. School	14	15 Impromptu Ride-1pm Waterman Elem. School
16	17 Ladies' Ride 5:45pm Cool Breeze	18 Time Trials 5:45pm-Dayton	19 Training Ride 6:15pm Cool Breeze	20 Ted's Ride 6:15pm Keezletown Elem. School	21	22 Impromptu Ride-1pm Waterman Elem. School
23 Art's Reddish Knob Ride	24 Ladies' Ride 5:45pm Cool Breeze	25 Time Trials 5:45pm-Dayton	26 Training Ride 6:15pm Cool Breeze	27 Ted's Ride 6:15pm Keezletown Elem. School	28	29 Ice Cream Ride-10am Kline's Dairy Barn
30	31 Ladies' Ride 5:45pm Cool Breeze	September 1 Time Trials 5:45pm-Dayton	2 Training Ride 6:15pm Cool Breeze	3 Ted's Ride 6:15pm Keezletown Elem. School	4	5 Impromptu Ride-1pm Waterman Elem. School

**\*\*Helmets are required for all CLUB rides.\*\***

#### OTHER RIDES

July 29-Aug. 2 Snowshoe Cycling Challenge, WV. \$295. Call 304-572-5252.

August 8 Roanoke Valley Biathlon, Catawba, VA. Call Artie Levin, 703-774-2828.

September 11-13 14th Annual great Peanut Bicycle Tour and Rides, Emporia, VA. Call Robert C. Wrenn, 804-634-2222.

September 13 SVBC Century.

September 19 Maryland Wine Festival Bike Tour, Carroll County, MD. 10-, 25-, or 50-miles. Call Theresa Dent, 1-800-492-7527.

September 19-20 Tour of the Eastern Shore, Virginia Beach, VA. Call Neups for information.

September 20 Winchester Wheelmen Century. Call Fred Lonas, 667-5716.

September 26 General A.P. Hill Rides, Bowling Green, VA. Call Neups for information.

September 26 CAM Fat Tire Rally, Baltimore, MD. Call Sarah Pick, 410-465-5982.

September 26-7 Deep Creek Lake Autumn Bike Tour, McHenry, MD. 15-, 25-, or 40-mile per day routes. Call Glen Besa, 1-800-222-9974.

September 27 Storming of Thunder Ridge, Lynchburg, VA. Call 804-846-1829 or 1-800-345-LUNG.

September 27 Fredericksburg Century. Call 703-371-0398.

October 2-4 Colonial Virginia Bike Trek, Williamsburg, VA. Call 1-800-362-5864.

October 10 Sea Gull Century, Salisbury State, MD. Call 410-548-2772.

October 18 Adams County Bike Ride, Gettysburg, PA. Call 717-334-8151.

## **Welcome returning Members**

### **New Members**

Steven P. Johnson  
Mike Huffman  
Zack Perdue  
Mark Miller

Harrisonburg  
Harrisonburg  
Harrisonburg  
Charlottesville

### **Renewed Members**

Don, Debbie, Leslie & Shavonne Ritchie  
Marc & Susan Trubutz  
Richard P. Wettstone  
Greg & Michelle Gum

Elkton  
  
Pleasant Valley  
Bridgewater

## **Worker's Century**

On Labor Day weekend, most likely Sept 7, we will have the Worker's Century. This ride is for those who won't be able to ride the SVC, or anyone else, to mark the roads and check out the route. Again, you can do any distance you want, however there is no support services. If interested, call Art Fovargue or Marcia Lamphier for place and time to meet.

## **10th Annual S V Century**

We hope you've made plans for the SVBC's 10th annual century ride, scheduled for Sunday, September 13. This year we expect over 200 riders to tackle our 30, 50, or 100 mile routes (other combinations available too!). The rides start and finish at Hillendale Park, and are ride at your own pace. Maps and cue sheets are provided, arrows marked on the road and SAGs patrol the course. As always, generous amounts of food and drink are provided at the checkpoint in Bridgewater, and delectable calories in the form of baked goods at the finish.

Patches and 10th annual commemorative Tee-Shirts will be available for purchase. To guarantee availability (and size) of Tee-Shirt, you must pre-register by Aug 28. ANSI or Snell approved helmets are required.

For those interested in how fast you can do your chosen distance, we keep track of the times (again, this is not a race). Fastest times from the past SVC's are:

<b>MEN</b>	<b>WOMEN</b>
25 Miles 1:29 1990 Brian Manning	2:17 1987 Serena Benson
50 Miles 2:35 1990 Dave Sprinkel	3:06 1991 Leslie Troxel
100 Miles 5:31 1989 Craig Mauck	6:11 1991 Barbara Minor/Beth Portman

Again, help is needed in various ways to support our Century:

- 1) Prior to ride - posters, publicity, shopping, preparing food, marking roads.
- 2) Day of ride - SAG, registration, checkpoint, gopher, parking director. Even if you can only help a few hours, your help is desperately needed.
- 3) Day of ride - Baked goods. Please mark you calendar to bake your favorite goody now. Deliver to Art's house by Sept 12 or to Shelter 11 at Hillandale the morning of the ride.

If you can help, the next century meeting is Aug 26 - Time & Place to be announced. If you can't attend, call Art 433-9247.

### **Bike Aid**

As outlined in the July Newsletter, host homes are needed for 21 cross country bicyclists the night of Tuesday, August 18. These cyclists have raised funds to support the Overseas Development Network which in turn supports grassroots domestic and international development initiatives.

A number of us put up some riders in the past and it is a very rewarding experiences. If you can supply sleeping space to one or two (or whatever), call Pete Mahoney (433-8212). To welcome them to town, there will be a pot luck picnic at Purcell Park that evening (6-8 pm). Call Pete for details.

10th Annual Shenandoah Valley Century

Sunday, September 13, 1992

Bicycle rides of 30, 50, or 100 miles through  
the scenic and historic Shenandoah Valley of Virginia

Sponsored by the Shenandoah Valley Bicycle Club

The SHENANDOAH VALLEY CENTURY is a special bicycling event sponsored in conjunction with a number of bicycling organizations nationwide that are offering similiar rides during September. The term "Century" refers to the longest ride being 100 miles (a century of miles). Century rides originated in the late 1800's. Cyclists would attempt to ride 100 miles in under 10 hours. Now, rides of various lengths are offered to suit all abilities with no time limits set.

We invite you to join us and many others on the SHENANDOAH VALLEY CENTURY for some of the finest cycling to be found. Scenic vistas, small towns, beautiful farms, quiet roads, and more. All routes are paved and have low traffic volume. Participants ride at their own pace; the event is not a race. Maps are provided and the route will be patrolled by auto sag to provide assistance as needed. A food and drink stop is provided every 25 miles and at the midpoint of the 30 mile ride. At the end of the ride, bicyclists are treated to a variety of baked goods donated by the Shenandoah Valley Bicycle Club members.

To avoid delays in waiting for the sag, be prepared to fix minor repairs yourself, e.g. a flat tire.

DATE: Sunday, September 13, 1992

TIME: 100 mile ride: registration at 7:00 AM; start 8:00 AM  
30 & 50 miles: registration at 9:00 AM; start 10:00 AM

PLACE: Hillendale Park Shelter # 11  
Hillendale Avenue  
Harrisonburg, VA

COST: Individual \$5 on or before September 11; \$7 after  
Family \$15 (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. National Century patches from League of American Wheelmen (a national bicycling organization) will be available for \$2.50. 10th Annual SVC commorative T-shirts will be available for \$6.00 for those that pre-register early. ANSI OF SNELL APPROVED HELMETS ARE REQUIRED.

Harrisonburg is easily reached from the north or south via I-81. Hillendale Ave. is off Rt. 42 on the western side of the city. Parking in Hillendale may be limited; additional parking available at Food Lion and other locations.

INFORMATION: Art Fovargue (703) 433-9247  
Marcia Lamphier (703) 289-6712

The registration form is on the back of this flyer. Additional forms may be obtained at Harrisonburg area bicycle shops. Participants are encouraged to re-register.

REGISTRATION FORM - Shenandoah Valley Century  
Sunday, September 13, 1992  
ANSI or SNELL APPROVED HELMETS ARE REQUIRED

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tour distance (check one) 25 mile \_\_\_\_\_ 50 mile \_\_\_\_\_ 100 mile \_\_\_\_\_

Cost \$5/person on or before 9/11/92; \$7 after 9/11/92 \$ \_\_\_\_\_  
\$15/family (3 or more members)

\_\_\_\_\_ number of family members \$ \_\_\_\_\_

\_\_\_\_\_ (#) 10th Annual Commemorative T-shirt (\$6.00 each) \$ \_\_\_\_\_  
To guarantee receiving T-shirt, preregister by Aug. 28, otherwise  
availability will be limited. size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

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 the 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 completion 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, the club officers, the club members, League of American Wheelman, 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, RR tracks, etc. may be encountered.

I thus release the above organizations and their officers, employers, 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 an ANSI or SNELL approved helmet.

Signature of rider: \_\_\_\_\_

Signature of Parent if rider is under 18 years of age \_\_\_\_\_

ALL PARTICIPANTS MUST COMPLETE AND SIGN THE 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  
210 Monument Avenue  
Harrisonburg, VA 22801

### Dry River Time Trial Results

Name	4/14	5/19	6/2	6/9	6/16	6/23	6/30	7/7	7/14
Larry Beller									26:50
Jenny Burtner								29:15	
Allen Clague			24:05	24:05	23:54	24:10	23:46	23:20	23:41
Dwight Denlinger					23:40				
Bernie Edwards					30:09				
Dave Frye	27:36		27:07	26:27	26:15	26:07			
Shaun Galang				24:26		24:12	24:12	23:45	
Steve Gardner								24:14	
Larry Grossman						27:27			
Greg Gum					26:11				
Michelle Gum					31:54				
Adam Gutterman		26:14							26:19
Ted Harris					26:01				
Jody Hensley	25:07					25:48			
Joe Hiney	25:10								
Bruce Johnson								29:37	
Dillon Johnson								30:37	
Mike Neupauer		25:17	24:34	24:39	24:31			23:45	
Darren Reed								23:40	
Steve Slabaugh					23:54			24:01	
Mark Stecker			22:55		22:46		22:20		
Drew Shull			26:40						
Chris Ward			21:40						
Mike Wenger				24:12	24:47			23:29	
Tim Wolters				28:09		28:27		27:22	

**SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION**

If this box is checked, your dues expire this month

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
street city state zip

Check type of membership desired:

INDIVIDUAL  (#7) FAMILY  (#10) JUNIOR (12-16 Yrs.)  (#4)  
 NOTE: Membership begins in March of this year, and lasts until next March.

**PLEASE INDICATE YOUR INTERESTS BELOW**

RIDE CLASS DESIGNATION	APPROX. SPEED (MPH)	APPROX. DISTANCE (MILES)	CHECK HERE
A	14-22	25-100	_____
B	12-16	15-60	_____
C	8-12	10-35	_____
D	less than 10	5-15	_____

**INDICATE TYPE(S) OF CYCLING IN WHICH YOU ARE INTERESTED**

Racing  
  Off-Road  
  Recreational  
  Overnight Tours  
  Other (specify) \_\_\_\_\_

**WOULD YOU BE INTERESTED IN SERVING ON ANY OF THE FOLLOWING COMMITTEES?**

Racing  
  Touring  
  Program  
  Safety  
  Century

**SHENANDOAH VALLEY BICYCLE CLUB RELEASE**

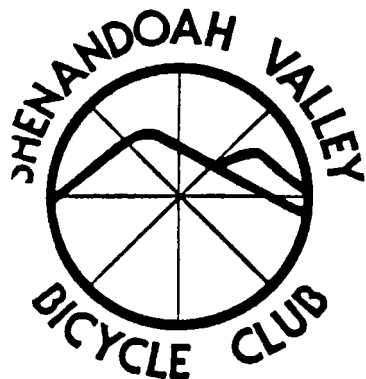
All club members must sign the release below. For persons under the age of 18, the parent or guardian must sign. Any person riding on an invitational status must furnish a release. This signed release will remain in effect as long as the Club is officially active.

In signing this release for myself, or for the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, and the members, also any others 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 cycling.

\_\_\_\_\_  
 signature of Club member or applicant                      date                      signature of parent or guardian of member under 18

RETURN TO: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22801

If this box is checked, your dues have expired, and this is your last newsletter



P.O. Box 1014  
 Harrisonburg, VA  
 22801

Gregory & Michelle Gum  
 Rt 1 Box 419  
 Bridgewater, VA 22812

printed on recycled paper

**Cool Breeze Cyclery, Mark's Bike Shop and Mole Hill Bikes  
 contribute to the cost of the monthly newsletters**