

AUGUST NEWSLETTER

SVBC OFFICERS

President: Michael "Neups" Neupauer	434-1878
Vice-President: Jody Hensley	289-5591
Secretary: Steve Strider	289-5135
Treasurer: Marcia Lamphier	289-6712

President's/Editor's Column

All the wind I complained about in April took off in July and left me with no breeze to cool my house (I have no A/C). Something about being careful what you wish for as you might just get it.

Jody and I had a good time in Kutztown at the Rally. We saw some good track racing, did some good riding, ate a lot of food, sat in on a very good seminar, picked up some bargains (Jody got riding shoes for \$15!), and met some good company. Ask either one of us about it. And think about joining us in Salisbury, MD for next year's Rally.

NEUPS

JULY MEETING MINUTES

MUNCH!

BIKE PLAN UPDATE

The Harrisonburg-Rockingham County Bicycle Plan has not made it to Planning Commission agendas yet, but is moving somewhat. Recently the city and county got together to make some further refinements to the plan to address concerns of VDOT. For further information call your Planning Director: in the city call Stacey Turner (434-2463) and in the county call Bill Veno (564-3000). Perhaps a call would show these people there are interested bicyclists out here and inspire a little progress. Let me know if you call.

Art

WELCOME NEW MEMBERS

Sandy Brownscombe	Harrisonburg
Larry Hitchon	Harrisonburg
Winston & Melissa Shifflett	Harrisonburg

Blue Ridge Cycle Works, Cool Breeze Cyclery, Mark's Bike Shop and Mole Hill Bikes
all contribute to the cost of the monthly newsletters.

Please support these local shops.

WELCOME BACK RETURNING MEMBERS

Brian Bauer & Debbie Warnaar	Elkton
Larry Beiler	Harrisonburg
Marc Stecker	Harrisonburg
Dick & Lois Wettstone	Pleasant Valley

SHENANDOAH VALLEY CENTURY 11

Plans are progressing for our 11th Annual Shenandoah Valley Century. Sunday, September 12th is the day, so mark your calendar. Registration forms will be in the next newsletter, or you can pick one up at area bicycle shops. As in other years there will be rides of 30-, 50-, and 100 miles. Pass the word and register early.

If you're not up for riding that day but can spare two or more hours to help, please let me know. We are in need of sag drivers, people to help register, parking attendants, checkpoint helpers, and gophers. And the "workers' century" is the previous weekend for marking roads. Call me if you can help.

Also, remember baked goods for the day of the ride. The SVBC and the participants appreciate your donation. You may also help by taking posters to local establishments to help us advertise. Call Ed Strother or see him at the next regular club meeting on August 9th (he'll have posters there).

The next century planning meeting will be Wednesday evening, August 11th, at 6pm at Mr. Gatti's. All are welcome. The buffet tab will be picked up for those who help on the ride. The following meeting will be Wednesday, August 25th at 7pm at Art's house.

Art Fovargue
433-9247

EYE PROTECTION

Last month I wrote on helmets. This month I feel something should be said in regards to eye protection. I think it is important to have some sort of eye protection while riding. A good example of its usefulness was when I was coming down Shenandoah Mountain. An insect of none too small a size came out of nowhere and smacked into my shades at the place of my right eye. I believe that had I not had on my shades, not only would my eye now be in bad shape, but I may have lost control of my bike in reaction to the impact. And at 35+ mph I don't think I would have liked that to happen. Just something to think about.

BIKE AID

For the fourth year *Common Ground* will host the Bike Aid bicyclists as they come through Harrisonburg on Tuesday, August 17th. Bike Aid is sponsored by the Overseas Development Network, a national student organization which involves individuals in addressing global problems of poverty and injustice. There will be a pot luck supper for the cyclists that night at 5:30pm at Shelter #1 in Purcell Park (the shelter by the old playground, nearest Main Street). You can help by bringing food to the supper and/or hosting one or more of the twenty cyclists. To be a host, call Art or the *Common Ground* office at 433-8212.

TIME TRIALS

NAME	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul
Matt Alexander	27:07	-	-	26:00	-
Kevin Arnold	-	-	-	-	23:50
Sue Arnold	-	-	-	-	25:02
Larry Beiler	26:02	25:35	25:57	25:38	26:49
Al Clague	25:53	25:50	-	24:24	25:02
Dave Frye	27:06	26:49	30:46	-	-
Larry Grossman	-	-	30:03 *	-	-
Bruce Johnson	28:37	-	-	-	-
Dylan Johnson	27:27	-	-	-	-
Garth Kunkle	-	-	21:48	-	-
Kristian Looney	27:05	26:36	-	-	-
Neups	24:15	23:57	-	-	24:12
Bill Taylor	-	26:04	27:39	25:56	27:27
Tim Wolthers	-	-	-	28:03	-

* - Mountain Bike

AUGUST CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 BIKE FESTIVAL	2 5:45pm-Women's Ride-Cool Breeze	3 6pm-Time Trials- Dayton-Rt. 257 & 738	4 6:10pm-Training Ride-Cool Breeze	5 6pm-Keezletown Ride-Keezletown Elementary School	6	7 1:30pm- Impromptu Ride Waterman Elem. School
8	9-6pm-PreMtg. Ride-Hillandale 7:30pm-Monthly Meeting-Shelter #1-Hillandale	10 6pm-Time Trials- Dayton-Rt. 257 & 738	11 6:10pm-Training Ride-Cool Breeze 6pm-Century Mtg. Mr. Gatti's-FOOD!	12 6pm-Keezletown Ride-Keezletown Elementary School	13	14 1:30pm- Impromptu Ride Waterman Elem. School
15 Art's Reddish Knob Ride-8am Keister Elem. School-50 miles	16 5:45pm-Women's Ride-Cool Breeze	17 6pm-Time Trials- Dayton-Rt. 257 & 738	18 6:10pm-Training Ride-Cool Breeze	19 6pm-Keezletown Ride-Keezletown Elementary School	20	21 10am-Ice Cream Ride III, Kline's 25 miles, B-pace
22	23 5:45pm-Women's Ride-Cool Breeze	24 6pm-Time Trials- Dayton-Rt. 257 & 738	25 6:10pm-Training Ride-Cool Breeze 7pm-Century Mtg. Art's House	26 6pm-Keezletown Ride-Keezletown Elementary School	27	28 1:30pm- Impromptu Ride Waterman Elem. School
29	30 5:45pm-Women's Ride-Cool Breeze	31 6pm-Time Trials- Dayton-Rt. 257 & 738				

Helmets are required on all club rides.

SCHEDULE OF EVENTS

- SATURDAYS** 1:30pm. Impromptu ride starting at Waterman Elementary school.
- JULY 30-AUG. 1** Harrisonburg-Rockingham County Bike Festival, Weekend 2.
AUGUST 1-7 Cycle Colorado. Information Hotline, 303-254-8520.
AUGUST 1-20 Pedal for Progress, Montreal to Washington, DC. Contact Bike-Aid at 415-431-4480 to request an application.
- AUGUST 7** Roanoke Valley Biathlon. Catawba, VA. Phone Artie Levin at 703-774-2828
AUGUST 11 SVBC Century planning meeting. Mr. Gatti's, 6pm. Food provided by the club!
- AUGUST 14 & 15** Snowshoe Mountain Bike Challenge. Snowshoe, WV. Call 304-572-1000.
AUGUST 15 Art's Reddish Knob ride. 50 miles, B-pace. Start at Keister Elementary School on Central Avenue, 8am.
- AUGUST 15** Double or Nothing Tandem Bicycle Ride. Carmel, NJ. Call Mel Kornbluh, 609-451-5104 after 6pm.
- AUGUST 21** Ice Cream Ride. 10am from Kline's Dairy Barn. 25 miles at a B/C pace. Ice cream on the club after the ride. Call Neups.
- AUGUST 22** Winchester Triathlon.
AUGUST 25 SVBC Century planning meeting, Art's house, 7pm.
SEPTEMBER 4-6 Bicycle Mechanics for the Enthusiast, East Coast Bicycle Academy. Call 433-3222 for more information.
- SEPTEMBER 5** Ride for Raptors. Central, SC. 25, 62.5, and 100 miles. \$15. SASE to Rick Hane, P.O. Box 284, Clemson, SC 29633 or call 803-868-4739.
- SEPTEMBER 10-12** Great National Peanut Rides. Emporia, VA. Call Robert Wrenn, 804-634-4191.
- SEPTEMBER 11** General A.P. Hill Rides. Bowling Green, VA. Quarter-, Half-, Metric-, and Century. 500 Rider limit. SASE to Jim Day, P.O. Box 682, Bowling Green, VA 22427.
- SEPTEMBER 11** Hawk Triathlon. Hagerstown, MD. Call Lino Giannoni at 301-790-2800, ext. 404.
- SEPTEMBER 11-12** CAM Fat Tire Rally. Patapsco State Park, Baltimore, MD. Call Sarah Pick at 410-465-5982 for more information.
- SEPTEMBER 12** SVBC Century Ride.
SEPTEMBER 12 Reston Triathlon.
SEPTEMBER 18 Potomac Pedalers Touring Club Century.
SEPTEMBER 26 Winchester Wheelmen Century Ride.
SEPTEMBER 26 Ride Your Ash Off to Ashland. Fredericksburg, VA. \$12 before September 14. Call Rosemary Pitts, 703-371-0398.
- SEPTEMBER 26** Adams Apple Ride. Gettysburg, PA. \$10 before August 20. 25, 50, and 100 miles. Call 717-334-8151 for more information.
- OCTOBER 3** Reston Bicycle Club Century. Reston, VA. 25, 50, 62.5, and 100 miles. Call Anneliese Schmid, 703-742-6752.

TANDEMS

The August 9th meeting will feature a tandem clinic given by Myron Lind of Blue Ridge Cycle Works. He will be bringing a sample of the tandems he has available and will allow us to test ride them in the park. You'll either love them or hate them, so come by and see into which category you fall. The meeting starts at 7:30pm at Shelter #1 in Hillandale Park. We'll ride beforehand starting about 6pm.

STAGE 5

We had a beautiful day for our Tour duPont 1993 Stage 5 ride. We got started in Front Royal about 8:30am. Six riders took the plunge (while we had as many as nine interested) and we were covered by three sag drivers. The six were Larry Beiler, Jody Hensley, Neups, Bill Taylor, Winston Shifflett, and his friend David. The three were John Maxfield, Melissa Shifflett, and David's wife April. Thanks to the three! We certainly couldn't have done it without you.

We had to hand it to the race organizers. This was our second stage ride, and both have been truly beautiful in terms of scenery. And the mileage and maps were quite accurate this year. Start preparing yourself for next year.

1992 MILEAGES

Dave Sprinkle	6,134
Tim Wolters	3,656
Neups	3,223
Art Fovargue	2,506

If you have your 1992 total, call Neups to have it listed.

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 by that time.

MEMBERSHIPS EXPIRING AUGUST/SEPTEMBER

Scott Alexander Family	L.B. & Ibbey Branner	Tony Cascio
Dave Frye	S. Harlow & S. Benson	Kay Harrison
<u>Jonathan Moss</u>	<u>William Taylor</u>	
Jim Borkholder	Carrie Carreno	Frank Hill
Demarius T. Marion	Jim & Charlene Mitchell	E. Zmijewski & L. Hulbert

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SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

NAME(S) _____ PHONE _____/_____

ADDRESS _____
 Street City State Zip

Individual _____ (\$7) Family _____ (\$10) Junior (12-16) _____ (\$4) Associate (non-voting) _____ (\$7)
 NOTE: Membership lasts for one year from month dues are paid.

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	_____

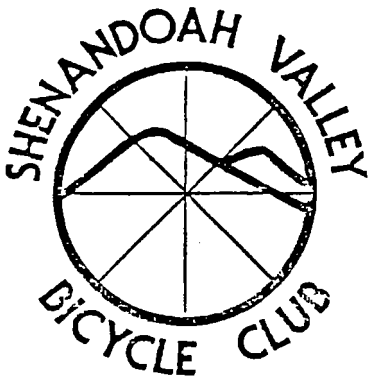
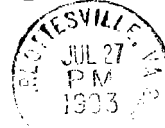
TYPE(S) OF CYCLING

Racing _____ Mountain _____ Recreational _____ Overnight Tours _____ Other (specify) _____
COMMITTEES

Racing _____ Mt. Biking _____ Touring _____ Century _____ Newsletter _____
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 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 bicycling.

Member signature _____ Date _____ Signature of parent/guardian (under 18) _____
 Return to: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22801



P.O. Box 1014
 Harrisonburg, VA 22801

SVBC SECRETARY
 RT. 2, BOX 405-B
 ELKTON, VA 22827