

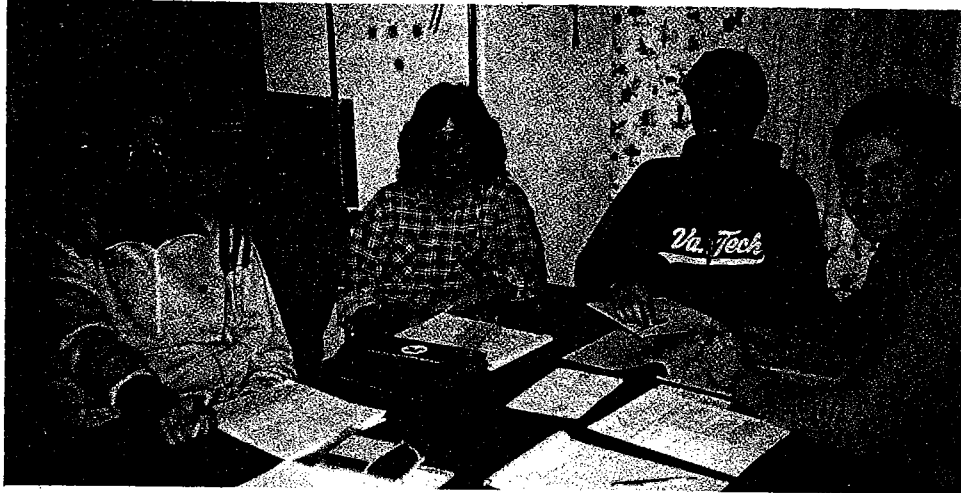
Shenandoah Valley Bicycle Club



Affiliate

Volume 1 Issue 1

MARCH 1983



The idea of a Valley bicycle club has been spawning for a year, and it came to be in early December, 1982.

In December, Mr. James Fulton, President of the League of American Wheelman, the National Organization of Bicyclists, accepted an invitation to visit the Valley and discuss the idea of a bicycle club. Mr. Fulton agreed that the Valley was ready for more participation in the rapidly growing sport of bicycling.

Since December, the club cadre has grown from 3 to 20 people. The officers have been chosen, a Constitution and By Laws written and voted for, and a Spring '83 ride and touring calendar prepared. The officers are: Mark Nissley, President; Bruce Werner, Vice President; Ray Miller, Secretary and L.A.W. Representative; Sue Rippy, Treasurer; Norm Gulliksen, Touring Director; and L.B. Branner, Newsletter Editor.

The basic purpose of the club is to provide opportunities for extending the individuals knowledge and appreciation of his/her environment and abilities through experience in bicycling, or in brief, "to have fun".

The Spring '83 Ride and Touring Calendar provides for 5 Sunday afternoon rides of 25-30 miles, one evening ride of 14 miles, and a 3 day-150 mile camping tour of the Chesapeake Bay Country. The Summer-Fall Calendar will include a "back road" ride to the New Market Battlefield, a catered picnic at Todd Lake, a weekend camping tour on Skyline Drive, and more. An invitational ride with the Mountain State Wheelers will be offered. This ride will be through some of the most beautiful parts of West Virginia. A bike tour through the Green Bank Observatory will be included. Invitational rides in 5 other states also are available.

Safety will be paramount in the club. Cooperation with public authorities in observance of all traffic regulations will be pursued. The club meetings will include demonstrations on bicycle repairs and updating a bike mechanically. Guest speakers will be invited to give presentations on such subjects as: Geology of the Valley, photography, First Aid and more. The membership will be kept informed on activities via a Newsletter. There is interest in bicycle racing and a racing team will be formed. The current level of interest indicates a first year membership of 300 persons. Later, the club will become affiliated with the League of American Wheelman.

Weather allowing, a "Pre Join-Up Ride" of about 25 miles will take place on Sunday, January 30th, Time: 1:30 pm, Staging Area: parking lot adjacent to the tennis courts in Purcell Park.

The Shenandoah Valley Bicycle Club will be open for membership at a meeting scheduled for 7:00 pm, Tuesday, February 8th., place is the National Guard Armory in Harrisonburg. The membership dues are: Individual-\$5.00; Family-\$8.00; Junior (12-16) \$2.00.

All "bikies" and families living in the Valley are invited to ride next Sunday afternoon and to attend the February 8th membership meeting.

The League of American Wheelman puts a world of cycling at your feet.



CONTEST

Here is a chance to display those hidden artistic talents. The SVBC is looking for a club emblem. The design should be on an 8x10 inch piece of paper and you can submit as many designs as you wish. Give your entries to any club officer by March 31, 1983. The designs will be screened by the officers and the best entries will be voted on by the club at the May, 1983 meeting. The prize will be a men's or women's Avocet Touring 1 seat or item of equivalent value. Good luck!

SVBC OFFICERS

President - Mark Nissley 433-1324
V. Pres./Racing Dir. - Bruce Werner 433-8977
Tour Director - Norm Gullikson 434-2692
Treasure - Sue Rippy 828-4414
Sec./LAW Rep. - Ray Miller 896-1576
Editor - L.B.Branner 896-2386

THE TRIPPING CORNER

by norm gullikson

It is well to carry a spare clincher tire and tube on tour, especially, if your bike is equipped with 700 metric tires. The 700 tires are not as readily available as the 27 inch tires. In this newsletter are directions for folding a clincher. Place the folded tire and tube in a plastic bag. The bag can be carried in a pannier or fastened to the top of a front or rear rack. Prior to putting your tire and tube into the plastic bag, dust heavily with talc. (Johnson's Baby Powder is okay) The talc will facilitate tube and tire installation. Also, talc slows the aging process experienced with all rubber products.

THE RACERS EDGE

BY BRUCE WERNER

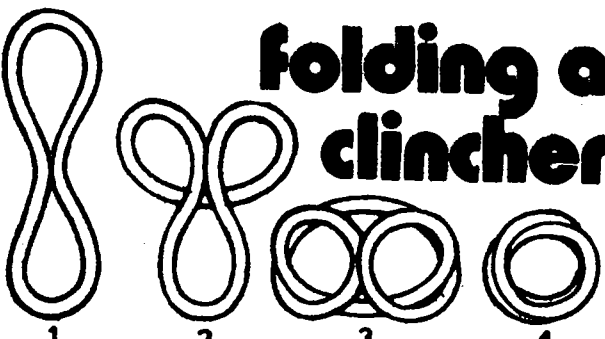
Winter Training: Rollers and Used Newspapers

There are lots of chilly days left at the time of this article writing, so I hoped some winter training tips might be timely.

Whats used newspapers have to do with winter training rides anyway? Well, for years European racers have used layers of newspaper between their jersey and heavy wool undershirts to keep warm. It really works! Completely blocks out the air and is a fair insulator as well. Just take a single sheet of paper and thoroughly crumple it up. Then insert beneath your outermost layer. When you warm up, just pull it out, "re-crumple", and pop in your jersey pocket for later use. Ask any park bench inhabiting bum-- they're great!

Oh yes, rollers. Here's a good, tough, roller workout developed by Jackie Simes and Ed Chauner of Omni Sports. Use track bike, if possible, 92-96 gear. Ride 10-15 minutes for warm up; 20 minutes at fast tempo (120 rpm); 5 minutes rest; 30 seconds "on"; 30 seconds "rest". Do 15 repetitions of this, then: 10 minutes rest; 10 minutes tempo; 10 minutes warm down.

Another tip: after a long cold ride, hop on the rollers for 15 minutes after you get home. It helps warm you back up and helps maintain your form! B.Werner



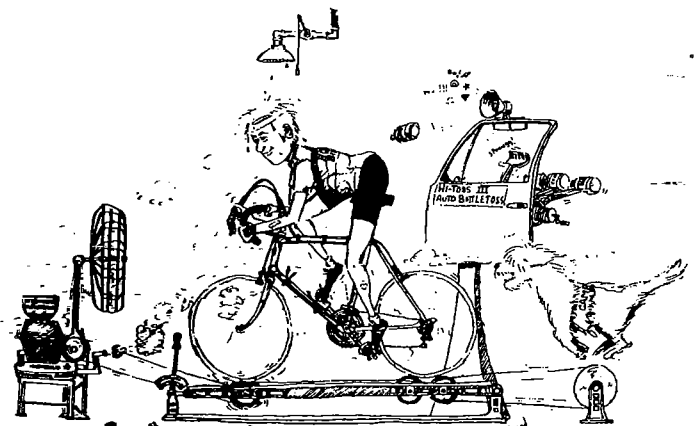
Folding a clincher

Follow these five simple steps in properly folding a clincher tire for storage in seat pack or pannier.

- 1) Fold tire once in half (tire now forms a figure eight)
- 2) Fold one half inward, so that it meets the center of the first fold.
- 3) Draw the other loop in to match the two smaller loops you just made.
- 4) Draw these three loops together, equalizing them into one tight circle.
- 5) Bind the folded tire with tape.

Q: Why do burglars steal bicycles?

A: Because they're easy to pedal.



Equipment for winter training

Chuck Dugand, Houston Bicycle Club

SVBC 1983 SPRING CALENDAR

| DATE | DAY | START TIME & PLACE | CLASS. | EVENT & COMMENTS |
|--------------|----------|---|-------------------|--|
| MARCH | | | | |
| 5 | Sat. | 1:00 P.M. Purcell Park | A&B | TRAINING RIDE |
| 19 | Sat. | 1:00 P.M. Rte. 257 & 738 Intersection | A to D | 10 MILE TRIAL |
| 20 | Sun. | 1:30 P.M. Purcell Park | C | GREAT SPRING 28 miles along the base of the Massanutten Mt. Bring snack and drink. |
| APRIL | | | | |
| 3 | Sun. | 3:00 P.M. Purcell Park | A to D | EASTER COUNTRY RAMBLE all classes invited - a get to know one another - 8 mile - no steep hills - LAW EASTER ride patch available @\$1.75 ea. |
| 9 | Sat. | 1:00 P.M. Purcell Park | A&B | TRAINING RIDE 9 miles x 5 laps. Keezletown area. Interval work planned. |
| 10 | Sun. | 1:30 P.M. Purcell Park | C | MENNONITE COUNTRY TAMBLE 24 miles. After ride meet at Pizza Inn adjacent to Mick or Mack grocery store on S. Main. DUTCH!! |
| 13 | Wed. | 6:00P.M. Purcell Park | B | WORK OFF THE DAYS FRUSTRATIONS 12-14 mile loop. |
| 23 | Sat. | 1:00 P.M. Purcell Park | ABC | Same as April 9th 4 laps |
| MAY | | | | |
| 13-16 | Fri-Mon. | 10:00 AM Departure Purcell Park in vehicles | Touring & Camping | CHESAPEAK BAY COUNTRY 150 miles camping tour. Cape Henlopen State Park to Chincoteague, Va. and return to Cape Henlopen. Three nights of camping. Each rider carry own gear on bike. Special Meeting 7:15 P.M., Tue., March 22nd at 79 Weaver Ave., Harrisonburg to plan tour. |
| 22 | Sun | 1:30 P.M. Purcell Park | C | SINGERS GLEN 28 challenging miles. Bring your camera, snack and drink. |
| JUNE | | | | |
| 5 | Sun | 6:30 A.M. Purcell Park | ? | INFIRMITY OF THE MIND AND PURIFICATION OF THE BODY Ride to the top of Massanutten and return. |
| 12 | Aun | 1:00 P.M. Purcell Park | C | NATURAL CHIMNEYS PARK Bring a picnic lunch and swimsuit. |

SUMMER & FALL

This calendar will include more training rides, trip to Todd Lake for catered pinnic, back roads to New Market Battlefield, tour of Skyline Drive with one night camping at Big Meadows and more.

| RIDE CLASS | SPEED | APPROX MILES |
|------------|---------|--------------|
| A | 14 - 20 | 20 - 100 |
| B | 10 - 13 | 20 - 70 |
| C | 8 - 10 | 20 - 40 |
| D | 5 - 8 | 5 - 20 |

REMEMBER

While on the road, always remember that wise riding means, tend to your needs before they are imminent. "Eat before you are hungry, drink before you're thirsty, shift down before you get to a hill, check the brakes before a downhill grade, and go to the john before you're uncomfortable.

Get a bicycle. You will not regret it, if you live.

Mark Twain

In 1975 approximately 500,000 Americans commuted to work by bicycle. The U.S. Department of Transportation estimates that by 1985 up to 2.5 million cyclists will be commuting.