

# Shenandoah Valley Bicycle Club



Affiliate

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MAY 1983

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## **THE TRIPPING CORNER** by norm gulliksen

Before visiting Williamsburg get your FREE copy of BIKE MAP HISTORIC TRIANGLE, Yorktown - Jamestown - Williamsburg. They say - you have never seen the Historic Triangle until you do it over your handlebars. Order your map by writing to: Richard C. Lockwood - State Bicycle Coordinator - Virginia Department of Highways & Transportation - 1401 E. Broad Street - Richmond, Va. 23219.

### CHESAPEAKE TOUR

Plans for the 150 mi. bike camping tour of the Chesapeake Area are progressing. Currently, we have nine trippers and a sag driver. Oh Yes! John and Debby Phillips' daughter, Beth, will ride in the "Bugger". Friday night dinner will be "pot luck", thereafter, every one will arrange for their own meals. We hope to locate a good seafood restaurant Saturday or Sunday and live it up. Departure is at 9 AM Friday, May 13, from 79 Weaver Avenue, Hbrg. If you would like to join the tour call Norm Gulliksen, 434-2692 or John/Debby Phillips, 433-3419.

### PURCELL RIDE DEPARTURES

Riders departing from Purcell Park will gather in the large parking lot on the North East boundary of the Park. Enter this lot from Monument.

Whether ride, weather codes:

RDC - Rain or Shine

IRC - If Raining Cancelled

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The SVBC hopes Larry Nuckols, owner of Staunton Bicycle, is experiencing a speedy and complete recovery from his recent motorcycle accident.

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For those of you who have just joined the club let me fill you in on a little bit of information. Our club needs a logo design and will award an Avocet I Touring Seat for the best entry. Bring your design to the May club meeting and you may win the new buns holder.

Meeting May 10th, 7:30 p.m. at the National Guard Armory behind Harrisonburg High School.

Topics: -Riding Styles with Bruce Werner & Mark Nissley  
-Logo Selection

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On the 10th the monsoons subsided and clouds broke for a rare occurrence of clear skies during the month of April. Thirteen riders feverously awaited the assault on the hills behind Dayton. About 3 miles into the ride Waltine Begoon earned the dubious distinction of being the first rider to experience a flat on a SVCB ride (no, LB slow leaks on sew-ups don't count). Fortunately Mr. Begoon was riding sag for the group that day and was there for the rescue. The remaining twelve riders finished the ride without any trouble. After the ride the thirsty group descended on Pizza Inn for food, drink and good conversation.

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# SVBC 1983 SPRING CALENDAR

MAY

7	Sat.	1:00 p.m. Purcell Park	A & B	Training ride - Spring Creek Loop, 30 miles. Pace line work planned. Leader, Bruce Werner, 433-8977
13-16	Fri.-Mon.	10:00 a.m. 5/13 departure from Purcell Park in vehicles	Touring-Camping	"Chesapeake Bay Country" 150 miles camping tour. Leader, Norm Gulliksen, 434-2692
21	Sat.	1:00 p.m. Rt. 257 & 738 West of Dayton	A to D	Citizens race - 10 mile time trial staggered start, ride against CLOCK. All riders welcome. Interval. Leader, Bruce Werner, 433-8977. Dry River Road
22	Sun.	1:30 p.m. Purcell Park	C	"Singers Glen," 28 Challenging miles. Bring your camera, snack and drink. Leader, Norm Gulliksen 434-2692

JUNE

5	Sun	6:30 a.m. Purcell Park	?	"In firmity of the Mind and Purification of the Body" Ride to the top of Massanutten and return. Leader, Norm Gulliksen, 434-2692
7	Tues.	6:30 p.m..	A to D	Citizens race - 10 mile time trial, Dry River Road. Leader, Bruce Werner, 433-8977
12	Sun.	12 noon Purcell Park	C	"Natural Chimneys Park". Bring a picnic lunch and swimsuit. NOTE: Leader, to be appointed. + money for admission.
18	Sat.	8:30 a.m.	TBA	Citizens race: hill climb 7.9 miles. Leader Bruce Werner, 433-8977

I'm sure you've seen the rider class charts with the A, B, C and D's. How can you tell what group you fit into without using a bulky bike speedometer or having someone in a car time your speed? Here's a couple of formulas that will at least give you a ballpark number to estimate your mph.

First, determine your gear by the formula:

$$\text{Gear} = \frac{\text{Wheel Diameter} \times \text{Chainwheel Teeth}}{\text{Freewheel Sprocket Teeth}}$$

(distance in inches traveled with each rpm)

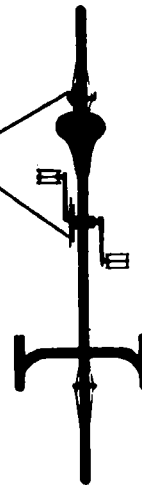
Second, to determine mph use the formula:

$$\text{mph} = \text{Cadence} \times \text{gear} \times 0.003$$

(revolutions of the pedals/60 sec.)

For example, see the top view of Elimo's bike. He happens to have a 52 and 40 toothed chainwheel and let's assume at the moment the chain is on the larger chainwheel. Elimo's freewheel has sprockets with 14,16,19,24 and 30 teeth and the chain is on 16 tooth sprocket. Elimo's bike wheels have a 27 inch diameter and he is pedaling with a cadence of 85 rpm. Using the above formulas figure his mph.

Remember, this is an estimate and usually will be higher than your average mph, because it doesn't take into account nature calls, stop lights and speeding tickets.



STANTON RACE

10.5 miles  
run or bike

1:00 pm  
MAY 29th

sponsored by  
Vally Roadrunners

Stanton Bicycle  
registration  
forms at area  
bike shops.