

SHEPHERD VALLEY BICYCLE CLUB



Affiliate

AUGUST

VOL. 1 ISSUE 6

Shenandoah Valley Century

On Sunday, September 18, the SVBC will sponsor its first (hopefully of many) national century. It is called this since the League of American Wheelmen sets September as National Century Month. During the month, organizations all around the country will carry out such rides. On the tour here you will have the choice of a full century (100 miles), a half, or a quarter century. All riders set their own pace.

Those opting for the 100 mile loop will leave in a mass start at 8:00 AM, with registration starting an hour earlier. Registration for the 25 and 50 mile tours will begin at 9:00 AM with a mass start at 10:00. Those who wish to leave before 10:00 may do so, however the benefit of the mass start is so that you can meet and ride with others doing the same pace.

To assist you on the route, maps are provided, roads are marked, and checkpoints with liquid and solid refreshments will pop up about every 25 miles. And of course a sag-wagon will be on the route to help you with any problems, mechanical or otherwise. Sandwiches and other foods will be available at the finish.

The tour will start and finish at the National Guard Armory. There will be floor space available for sleeping bags the night before at the token fee of \$1. If you have friends from out of town who would like to ride, but don't have room for them, you can suggest this to them.

Preregistration forms can be obtained at any of the 3 bike shops in town. Cost for the tour is \$4.00 if registered before Sept. 17, and \$5.00 after. Also, there is a rate of \$12.00 for families (immediate).

As mentioned at the July meeting, volunteers are needed to run checkpoints, assist at registration, and help with various tasks before the ride. Also, we would like to borrow some large (5 gallon or so) water coolers. If you could help us out with any of the above, call Art Fovargue at 433-9247. Also, the next meeting (Aug. 17) of the Century Committee is open to all, and so if you would like to come, call Art for further info.

P.S. We need every SVBC member to bake a batch of cookies, brownies, munchies, or other delectable edibles to help feed the hungry bikers at the end of the Shenandoah Valley Century. By asking every member, to make an edible donation, we: (1) keep the cost of the ride down; and (2), more importantly, add a special touch to the event that will hopefully encourage folks to return for next year's event, and maybe bring a friend or two! Please bring those delicious goodies to the armory on Sunday, Sept. 18 by 11 AM, or drop them by the Phillips' (527 Collicello, H-burg) on Sat. Sept 17 (John, Debby and Beth promise they will not eat any until Sunday!). The SVBC needs member support to make this a successful event.

COOL OFF IN THE EVENINGS

Don't neglect those evening rides on the schedule led by Art Forague. They are an excellent opportunity to ride for both the novice and the veteran bicyclists. The rides are short (10-15 mi.), stops are frequent, and you will discover some routes close to town that you may not have known about. An evening ride - a pleasure not to be missed.

AUGUST MEETING SIMPLE BIKE MAINTENANCE

You'll want to attend the August SVBC meeting to learn about some of the simple things you can do to keep your bike on the road. Things like changing tires, adjusting brakes, and adjusting derailleurs are some of the maintenance techniques that every bicyclist should know. Feel secure when you're out on the road; come to the August meeting and learn a few things about caring for that beautiful two-wheeled machine.

SET YOUR OWN PACE

It's a world of cycling at your feet... and you decide how involved you want to be. **American Wheelmen** magazine and the **Directory of Members and Services** alone are a wheel of a deal for your annual dues... and there's a lot more available to you, just for the asking.

Member participation enables the League to offer so much for such low dues. The League is essentially a volunteer organization, with a professional staff to execute its key programs. The **Directory** describes the various offices and lists the present office-holders... You help elect the director in your region, so you'll have a voice in how your dues are spent and what policies are carried out. As you become a part of the League, you may want to volunteer...

BUT FIRST YOU HAVE TO JOIN!

Back Alley Bikes and Mark's Bike Shop contribute to the cost of the SVBC news letter.

July 12th Meeting

Mark Nissley called the meeting to order at 7:30 p.m.

-Vote on the motion for monthly meetings - motion passed.

-It was decided that an order form for T-shirts would be included in the August newsletter.

-A vote for club colors will be taken at the August meeting.

-Art Forvague announced that the SVBC 1/4, 1/2 and full century will be held Sept. 18, 1983.

Art asked for workers and support vehicles.

-Mark asked for help for Sue Rippey with promotions and safety committee as well as soliciting for newsletter articles.

-Norm Gullikson pitched for AGVITTH-2

-John Phillips and Beth introduced the LAW safety film.

-Discussion about the film.

-Mark announces he will be in Europe later this summer and in his absence Bruce Werner will be acting-president.

Meeting closed at 9:00 p.m.

A HOT, HUMID, HILLY AND ENJOYABLE HOLIDAY

A group of about 20 bicyclists turned out for the SVBC's first 4th of July Holiday Ride. It was a bit hot and humid, but starting in the morning spared at least some of the heat. The ride followed the bases of Massanutten and Blue Ridge mountains down to the Shenandoah River, and onto Grand Caverns Regional Park, where the riders regrouped and relaxed. The ride back to Harrisonburg was challenging at times, and water never tasted better. When you see someone wearing their LAW 4th of July patch, you'll know they have had at least one good time in their life!

Sorry Dr. Bike, I did not have room for you this issue. Editor

Race Results

* Tuesday Time Trial Series

June 21

1. Craig Mauck 25:09
2. Pat Veltman 25:20
3. Ed Gainer 27:24

July 26

1. Jim Strang 22:22.2
2. Chris Sell 23:35.3
3. Rick Slater 24:53

June 28

1. Jim Strang 23:17
2. Dennis Herr 24:02
Craig Mauck
3. Pat Veltman 24:58

July 5

1. Jim Strang 23:05
2. Craig Mauck 24:15
3. Pat Veltman 25:31

1. Sue Rippy 29:29.3

July 19

1. Jim Strang 22:17.26
(New Course Record!!!!!!!)
2. Dennis Herr 23:18.6
3. Craig Mauck 23:28.6

1. Sue Lerch 31:52

* Hill Climb

June 18

1. Steve Cope (Staunton Bicycle)
2. Dennis Herr
3. Craig Mauck

* Elkton Road Race

July 9

1. Craig Mauck
2. Gino Bell
3. Bruce Werner

Upcoming Events

*SVBC ROAD RACE! TOUR DE MONTEZUMA! See Schedule.

*25 Mile Time Trial (TBA)

*VALLEY MALL CRITERIUM - Learn to ride in mass start, short course race
Anyone interested in helping time, pick places, or marshall a corner,
please let me know. 433-8977

Helmets are recommended for all mass start events.

Late Summer '83 Schedule

AUGUST

- 2 Time Trial, Dry River, 10 and 25 mile, 6:30PM, B. Werner 433-8977
- 6 Training Ride, Spring Creek, 30 mile, Pace Line Work, 8:00 AM, Purcell Park, B. Werner 433-8977
- 16 Time Trial (See August 2)
- 23 Time Trial (See August 2)
- 27 Road Race, Dry River, 25 mile route 738,257,613. \$1.00 Registration Fee. \$50.00 Prize List. 2 Classes, Expert and Novice. Registration opens 9:30 AM. Call Bruce Werner 433-8977

SEPTEMBER

- 6 Time Trial (See August 2)
- 20 Time Trial (See August 2)
- 24 Valley Mall Criterium Race, Valley Mall 10/20 mile, 2:00 PM
Bruce Werner 433-8977
- 27 Final SVBC Tuesday Night Time Trial, 6:30 PM Dry River. Bruce Werner
433-8977

AUGUST

SVBC CALENDAR

3, Wed., 5:30PM, Evening ride, 10-15 mi., Keister Elementary*

6, Sat., Breakfast Ride to Broadway - Riverside Restaurant,
8:00AM, 30 mi. roundtrip. Bring money and appetite.*

14, Sun., 12 noon, Purcell Park. New Market Battlefield Ride, 65
mi. of back roads. Bring energy food and swim suit.**

15, Mon., 5:30PM, Evening Ride, 10-15 mi., Keister Elem.*

17, Wed., 7:30PM, Meeting of Shenandoah Valley Century Committee,
Art's house.*

21, Sun., 9:00AM, Purcell Park. Blue Hole Ride, 50-60 mi. Bring
your lunch and swimsuit for a ride second to none. Leaders: Jay
Miller and Kevin Spitler.

23, Tues., 5:30PM, Evening Ride, 10-15 mi., Keister Elem.*

28, Sun., 9:00AM, Westover Park. Approx. 60 mi. Ride to meet
AGVITHH-II riders in New Market. Return to Westover for "bikie"
get-together featuring barbeque by the incomparable V.K. Begoon,
at shelter #3. (cost of BBQ = \$5, tickets at shelter)***

31, Wed., 5:30PM, Evening Ride, 10-15 mi., Keister Elem.*

SEPTEMBER

8, Thurs., 5:30PM, Evening Ride, 10-20 mi., Keister Elem.*

11, Sun., Shenandoah Valley Century Worker's Century, details in
Sept. newsletter.

18, Sun., Shenandoah Valley Century, 25, 50, 100 mi. rides.
Details in Sept. Newsletter

25, Sun., 10:00AM, Purcell Park. 40-50 mi. ride. Kevin Spitler.

OCTOBER

1+2, Sat. and Sun., Cass, WV Tour. An invitational tour
sponsored by the West Virginia Big Wheelers, see Sept. newsletter
for details.

22+23 (dates tentative), Sat. and Sun., First Fall Overnight,
Highland Retreat, see Sept. newsletter for details.

Contact persons: *Art Forague, 433-9247

**Norm Gulliksen, 433-2692

***John, Deb and Beth Phillips, 433-3419