

SHE NANDOAH VALLEY BICYCLE CLUB



Affiliate

VOL. 1 ISSUE 8

OCTOBER '83

SVBC FIRST CENTURY A SUCCESS!

What is 1657.8 years old, rides 2973.5 miles and devours 30 pounds of baked goods in one day, and dodges road apples along the way? Right, the riders of the first annual Shenandoah Valley Century. September 18 delivered us a beautiful day for a century - sunny and clear but not too hot. Fifty eight riders participated in the cycling and eating (a few workers participated in the eating too!). Of the 25 who started the 100 mile route, 15 finished the complete ride; all but 2 of 17 completed the 50 mile tour; and all 16 starters of the quarter century finished. Following is a list of the SVBC members who rode:

Rodney Yankey	Wiatt Wright	Chris Story	Bill Story
Virginia Shenk	Nancy Ritchie	Sue Rippy	Laura Remington
Eleanor Price	Robert Patzig	Janice Miller	Greg McGillivray
Eric Martin	Bill Mahone	MaryLu Lewis	Dave Lewis
Sue Lerch	Marian Lebherz	Steve Jones	Janet Hadley
Scott Gilkeson	Kathy Fovargue	Mario Dennis	Mike Crouch
John Coyle	Waltine Begoon	Joelle Austin	

In addition to these and non-member area cyclists, we had 4 riders from Staunton, 1 from Winchester, 5 from the D.C. area, 1 from Richmond, and 1 from Alabama. It was refreshing to see bicyclists from a wide area and gives us encouragement for drawing more next year.

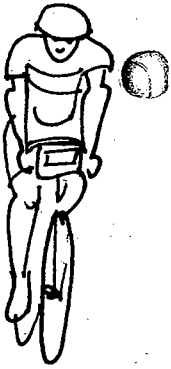
For summary purposes; I deeply appreciate the assistance of the "Century Committee" (Deb, John, & Beth Phillips, Judy & Larry Fulwider, Norm Gulliksen, John Coyle, Kevin Spitler & Sarah, Mary Lu & Dave Lewis, Laura Remington, Debra Crabill, and Kathy Fovargue) and the help they gave me in putting it all together - without them it would not have worked. Appreciation too to others who volunteered the day of the ride (V.K. Begoon, Bruce Werner, Ray Miller, L.B. Branner, and Ray Rithie). We also owe thanks to the area businesses who donated items or services (A&P, Branner Printing, Cassco Ice, Dutch Foods Farm Mkt., Krogers, Lindsey Funeral, Mick-or-Mack, Rainbow Foods, Red Front, Spangler's, and Tip Top Fruit Farm). To those of you who brought baked goods, thank you very much for giving this ride an added and tasty dimension. (A personal thanks too as I tested them all to see that they were allright - they were.) And lastly, many thanks to all you bicyclists who came out and supported us, and made it all worthwhile. I feel the event was a fantastic success simply because everyone seemed to enjoy themselves and there were no problems. In addition, we made a little bit for the club treasury.

Art Fovargue

P.S. Since we had some extra baked goods, we took the liberty of freezing them. In this way you can look forward to sampling them again as we break them out during the next club meetings. See you there.

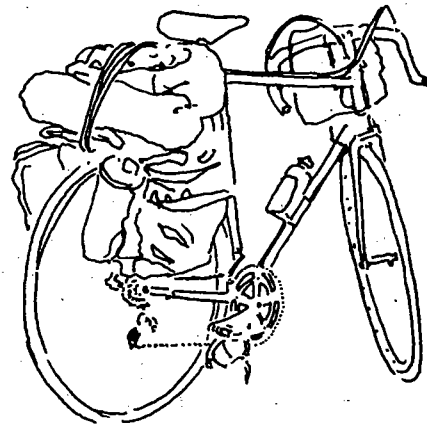
LET'S RIDE UP TO RYE HILL '83

October 16 is the date for the 5th Annual Rye Hill Poetry Reading back of Chipper Chase's place in Cridders, Va. Festivities officially start at High Noon with a Potluck Dinner following. Willing drivers should take your heavier dishes as the last few miles are on a dirt road. We will leave Purcell Park about sunrise as to have plenty of time for the 45 miles which will wind thru empty country lanes and along a stream for most of the way, which means only one real hill to speak of. Maps will be provided at the park, but shouldn't be needed in view of the meditative air that will prevail. Bring warm clothes for the early morning chill and the evening breeze on Rye Hill. Bring your favorite verses and be a part of history. Ride leader--Craig Mauck



WIDE RANGE GEARING AND LIGHTWEIGHT BIKES

At the October SVBC meeting (10/11, 7:30 PM, Armory), Dave Lewis will discuss a topic close to all of our hearts (and legs). Dave promises to enlighten us on the finer aspects of bicycle gearing, and may even answer a question or two. Come prepared. Check your gearing prior to the meeting by counting the teeth on all of the gears on your bike, and writing them down. This should be a most informative presentation because when Dave Lewis talks, people sometimes listen.



NO QUICHE

After a long season of great cycling, do your legs long for that one last ride of the season that will leave them with a warm glow over the long winter? If your answer is yes (or even if it's maybe), the **November No Quiche Ride** might be just for you! The ride will tentatively leave Hburg on November 6 at 7 AM from Waterman School. If the temp is below 30F, we will give it a shot the following Sunday. The ride will go to New Market (a breakfast stop), up the gap to the Skyline Drive, down the Skyline to Waynesboro and back to Hburg. Approx 100 miles or so of tough riding with plenty of hills. The timid, meek and sane need not apply. Bring warm clothes, energy food and some low gears. The ride leader refuses to divulge his/her identity, but info may be had by calling 433-3419 and whispering "No Quiche!"

A SHORT NOTE

A new bicycle business has come to the Harrisonburg area, and the SVBC would like to make a short note of it. Runt Rentals, Inc., a bike rental agency specializing in those hard to find small frames, has recently opened for business. Runt Rentals President and Founder, Dave Lewis tells the SVBC that he "doesn't know if there is a market out there or not, but Mary Lu said I had to do something about all of those bikes." As a grand opening special, Dave is offering the new Avocet elevator bike shoe at a substantially reduced cost. As Dave says, "these shoes allow you to ride small, but look tall." Check it out!

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

A report from FAT TIRE BIKE WEEK Sept. 12-18, 1983

Crested Butte, Colorado

Craig Mauck

I have never had as much fun on a bicycle in my life. That is not a brash statement since I have ridden about every type bike in my 28 years as a cyclist. My first had 26x2.125 inch tires and weighed a ton, but was all the bike needed for short cruises and dirt roads. Now, in 1983, the "Bike of the Year", according to the International Cycling Guide, is this same style machine reborn with ultra-wide range gearing and light, bulletproof wheels.

When I heard about the Pearl Pass happening, labeled as the "premiere event" of the Fat Tire Bike world, I knew I had to be there and now that it's over can safely say that "balleoners", "klunkers", ATBs (All-terrain Bikes), mountain bikes, or whatever you want to call them, are the coming wave on two wheels. A true American bicycle, made to go where there are no roads, it will also handle the asphalt jungles of our big cities, where wheel-crunching potholes and sewer grates are the daily diet for commuters, bike messengers, and just plain old "traffic jammers".

After ordering a Laguna "Mountaineer" and arranging to have it delivered in Crested Butte, the real work of preparing to ride a bicycle at 10,000 ft. altitude began. Several rides over Shenandoah Mountain to West Virginia and ascents of Reddish Knob on my "skinny tire" bikes helped somewhat. Breathing thru a straw for the week before would have been more like it! Arriving in Colorado on Tues. 9/13 only to find that the bike had not arrived yet, caused more than a little anxiety, but freed me to wander around the town and check out the metal already in-residence. Learning a new mode of biking entailed photographs and note-taking on tires, tubing, pedals, gearing and other equipment that could "take it".

Wednesday afternoon my off-road machine got there and was assembled during the only significant cloudburst of the whole occasion, at Bicycles, Etc, the home shop of the main man for Fat Tire Bike Week, Neil Murdoch. My first test ride took me only a few miles, ending at the beer bash sponsored by the Ross "Indians", High Tech Mountain Bike Team.

Thursday found Orienteering (finding your point-to-point with a compass and map) and the Bicycle Rodeo on the agenda. Rodeo events included a slow race, slalom, limbo on bikes, and an "amazing stunt" category. The slow race was very slow, with the best riders balancing perfectly still, standing on the cranks, inching forward only when they lost their balance or had to roll to avoid breaking the 45 degree angle to line-of-travel rule. Yours truly made it to the quarter-finals in the slalom, snaking slowly thru a maze of highway cones before a zen Japanese fellow on the Kuwahara team took the honors.

Early in the limbo, riders were removing their seats and posts and rotating their bars down to clear a bar that started at less than 4ft. off the ground. Small frames were the order of the day and the winner hung off a pedal with both feet and laid the bike over in the other direction at less than 45 degrees to go under 3ft! Amazing stunt entailed a controlled somersault over the handlebars with front brake locked up and a flat-on-the-back landing on the road ahead. Gag me with a toeclip...

Friday morning the Paradise Divide Fat Tire Stage Race left town for 25 miles on the roughest route they could find thru the mountains and climaxed on the streets of Crested Butte with a gravel and dirt criterium in the afternoon. Local hotshot, Steve Cook beat out Olympic hopeful, Dale Stetina, by over two minutes in the mountain stage with Rearview from Virginia finishing nearly twenty minutes later to take 9th in the Novice division. Pass the oxygen, please!

Saturday morning began the heart and soul of the FTB Week, with tourists bringing their gear to the Expo Hall to be loaded on 4-Wheel drive trucks for transport to base camp. The 8th Annual Crested Butte to Aspen Tour over Pearl Pass(12,700ft.) saw over 300 hearty bikies strung out for over a mile on the roads leading out of town toward cold kegs of Waltney's Ale waiting in an ice cold Rocky Mt. stream 10,000ft. up. A big vegie banquet of bean burritos, brown rice, guacamole and sour cream with corn bread filled empty stomachs and some old-time pickin' and fiddlin' served to end a most nice day.

Sunday we climbed the last few miles up an incredible streambed/scree slope to the summit of Pearl Pass for commemorative photos and rituals. Then on down eighteen miles to the Jerome Hotel in Aspen for mere liquid refreshment and storytelling. That evening we loaded over 200 bikes on one truck and rode a bus the 100 miles on "real" dirt roads back to Crested Butte.

I've never had so much fun on a bicycle. In 1984, be there or be square.

Craig Mauck will give a slide show of Pearl Pass '83, the PRO races in Baltimore and Tour of America at an upcoming SVBC monthly meeting. Slides from club races, Snowshoe Mountain Challenge Stage Race, and the 1st Annual Canaan Valley Mountain Bike Race, which takes place Oct. 8, 1983 in Davis, WV will also be shown.

Information and entry to the West Virginia Mountain Bike Race can be obtained at AAA Rearview Bicycle Repair, 15 S. Liberty and the other Harrisonburg bike shops.

Dear Dr. Bike:

I am interested in doing some bicycle touring and camping. I have purchased most of my equipment, but am still considering the acquisition of a cooking stove that can be easily carried on my bike. Any suggestions?

* * * *STARVING IN STAUNTON* * * *

Dear SIS:

Besides being a bicycling authority, Dr. Bike considers himself somewhat of a gourmet chef. I have tried a wide variety of lightweight cook stoves, and unless your cooking involves only making instant coffee, I can not recommend any of them. Recently, however, in a merger of American know-how and Japanese lightweight technology, the Culinary Institute of America (CIA) and the Shimano Corporation have gotten together to develop a cooking system for the serious gourmet bicyclist. The unit, called the "Aerodynamic Wonder Cooker," incorporates a four burner range (gas or electric), a small warming oven, and a microwave oven (all self-cleaning). Available options include a range-top broiler, automatic dishwasher, and a clothes washer and dryer. Dr. Bike had an opportunity to try out the system at the New York Bike Show, and it is fantastic. The entire unit is collapsible and will fit, with modifications, on a Blackburn or Eclipse rack. The total weight, without options, is only 500 pounds. The literature states that you can cook TV dinners with the Cooker; try that with your Coleman camp stove!! Inquire at local bike shops for more information, cost and availability. Bon Appetit!!

LAW T-SHIRTS

EVENING RIDES

With cool evenings now upon us, there is some excellent bicycling to be had at our Wednesday night rides. Since we are running out of daylight the rides will be kept fairly short, 10 - 15 miles depending on the week. The pace will be slow so we can enjoy the crisp clear fall scenes. Come join us, and bring a little extra change as sometimes we end up at the Heritage for some "Hummingbird Cake" or whatever.

If you would like to order one of those LAW t-shirts (Patchirt or Aerodynamic Banana) that were offered at the Century, the order is going out right after the Oct. meeting. See or call John P. at 433-3419. Don't be the only one in the SVBC without one!

YOUR SHIRT OR YOUR LIFE

Sue Rippy, Club Treasurer, informs us if those members who ordered club t-shirts do not pay up, they will be flogged with old bike chains. See Sue at the meeting with your checkbook in hand.

Okay Gang!! Out of the cobwebs, on with a costume, and into the chills of Halloween. Sunday, October 30th, there will be a COSTUMED-CRUISER RIDE through the main drags of Harrisonburg and Dayton. We will leave "en mask" at 11:30 from Purcell Park. Plan on about a dozen miles of ridiculous fun with a wind-up lunch at the Thomas House. Bring money for food plus a \$1.00 donation for costume prizing. Limit imaginations to nothing in outfitting your masquerades, we'll want to be noticed, and let us give these cruiser bicycles of ours their rightfully proper debut into the SVBC scene. All tandems, unicycles, and brooms are gladly welcomed... Everybody come! If in need, Craig will have some bikes available for the ride down at his shop.

Maps will be provided Sunday morn, and for any information call Joelle-434-2670.

SVBC CALENDAR

- 5, Wednesday, Evening ride, 5:30 PM @ Keister School. Norm Gulliksen
- 12, Wednesday, Evening ride, 5:30 PM @ Keister School. Larry Fulwider
- 15, Saturday, Breakfast ride to Dayton, meet @ 7:45 AM at Keister Elementary School. C pace, about 15 to 20 miles. Bring money and appetite. Ride leader - Art Fovargue
- 16, Sunday, 11 AM, from Waterman School. 20 mile loop passing through Mt. Clinton, Singers Glen, and Edom. Laura Remington leading (434-9822)
- 19, Wednesday, Evening ride, 5:30 PM @ Keister School. Dave Lewis
- 23, Sunday, "Even less firmity of the mind and more body purification," Ride to the top of Reddish Knob (and maybe even return). B ride, about 50 miles total. 3000 ft climb. Meet at Keister Elementary School at 10:00 AM. Art Fovargue
- 26, Wednesday, Evening ride, 5:30 PM @ Keister School. Art Fovargue
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