

SORRY WE MISSED YOU IN NOVEMBER

Flu, fires, floods, famine and forgetfulness all (some more than others) led to the lack of a November SVBC Newsletter. So, you can stop badmouthing your postperson, and place the blame where it belongs . . . oops, we goofed!! I hope you will forgive us. Anyway, there is a lot of important news to share, so . . .

BICYCLE TOURING - DECEMBER SVBC

Mark it on your calendar, because you do not want to miss the December SVBC meeting on Tues., Dec. 13 at 7:30 PM at the National Guard armory in Harrisonburg. Following the short business portion of the meeting, and a break for some goodies (get into the festive holiday spirit, bring some goodies, the SVBC will provide coffee and tea), Art Fovarque will show some slides of bicycle tours he has taken. These include a New England trip, a Blue Ridge Parkway odyssey, a cross-country trip and an abbreviated Virginia Loop tour. Art says that he hopes to show the enjoyment of traveling by bicycle, and demonstrate that you don't need exotic equipment to do it. So if you'd like to learn more about this unique mode of travel, plan to attend. P.S. Art says "don't forget the goodies!!"

SVBC NOMINATIONS ARE DUE

The Nominating Committee needs nominees for all club offices. Use the enclosed form to submit your nominations. Please only submit one nomination per office. Nominate persons who you feel will provide the leadership that will allow the SVBC to continue to grow and prosper. If that person happens to be you, nominate you. The Nominating Committee will perform the task of contacting all nominees to ensure that they are willing to serve in office. All nominations must be in by the Dec meeting!! If you can't attend the meeting, send your nominations to John Phillips, 527 Collicello St., Hburg. A ballot of candidates will be sent out in the next newsletter, and all ballots will be due at the Jan. meeting.

JANUARY SVBC MEETING - 1ST ANNIVERSARY CELEBRATION

Details will be forthcoming in the Jan newsletter, but there is a lot of interest for a good ol' fashioned potluck dinner and anniversary celebration for the Jan meeting. This seems like a most appropriate way to kick off the new year! To commemorate our first year, a slide show of SVBC events will be shown. If you have some slides, pictures, or anecdotes you'd like to share concerning the club, contact John Phillips at 433-3419.

BAHAMA RETIREMENT PLAN

To those of you who ordered those LAW T-Shirts, they should be arriving any day now. Contrary to some rumors you may have heard, John P. has not retired to the Bahamas with the proceeds.

FAMILIAR LEGS APPEAR IN NATIONAL BICYCLING PUBLICATION!!

Those of you who are members of the League of American Wheelmen should look closely at p. 13 of the Nov. AMERICAN WHEELMEN magazine. In the background of the photo of Dan Henry is a "bikie" in a yellow T-shirt, bent over a bike (probably admiring a derailleur.) Yep . . . you guessed it . . . the SVBC's own Norm "Crazy Legs" Gulliksen. Bring your AW to the Dec meeting for Norm's autograph. These are guaranteed to be collector's items.

INFORMAL CLUB RIDES

Given the unpredictable nature of the winter weather in the Valley, it is difficult to schedule rides. Yet, when the days are occasionally warm and sunny, we would often like to get together with some SVBC friends and ride. What to do?? Here's a plan that has been suggested by several club members, and is used by other bicycle clubs. On Sunday mornings at 9:00 AM, if the weather is pleasant and the temp above 35, show up at Waterman School for an informal ride. See who shows up, and decide among the group what to do. If you should happen to be the only hearty soul, well you're up and dressed, and you can pity those folks who are missing your fine morning ride! Let's give it a try, it sounds like fun!!

NO QUICHE - NO PIECE OF CAKE

Five brave (foolish) souls embarked on the now infamous No Quiche Ride of Nov 6. It was an exciting adventure, and we will finish it sometime in July when the snow up on the Skyline Drive melts. One smart fool turned back after breakfast, one very strong fool finished, and three foolish fools rode the last 40 miles crammed into the cab of a small truck (thanks to Mary Lu Lewis, head of the SVBC Rescue Squad). So we will have our quiche, and we will eat it, too!!

SWAMP BIKES - ALL THE RAGE IN FLORIDA

We were happy to receive another postcard from Dr. Bike. He is still in Florida enjoying the beautiful weather. Dr. Bike informs us that a new craze is sweeping the Everglades - Swamp Biking!! Swamp Bikes are based on the popular mountain bikes, with a few modifications. Each swamp bike comes equipped with a paddle, hip boot toe clips, and mosquito repellent. The major problem, Dr. Bike points out, is the appetite of the alligators, snakes and other slimy creatures that inhabit the swamps. And you thought dogs were a problem. Perhaps we should all send Dr. Bike a can of Malt for the Holidays. Anyway, Dr. Bike says he "wishes you were all here, stay warm and have a nice Holiday!"

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

Replacement belts for your Huret belt-driven odometer can be bought at your local plumbing supply store. Ask for 2-034 O rings. They are perfect replacements and cost less. (This tip comes from the Goleta Valley Cycling Club of Santa Barbara, CA)

Riding the exercise bike has to be one of the most boring activities known to man. Somebody has finally done something to help relieve the monotony. The something is the Aerobic Joystick, invented by Stephen Kiesling, an ex-Olympic rower (rowing machines are dull, too). The joystick is an adapter that hooks an exercise bike to a standard video game. The faster you pedal, the faster your missiles fire in the game. It supposedly works with Atari and Sears video games. For more info, write to: American Health, Video-Ex, 80 Fifth Ave., NY 10111. Probably not recommended for you folks who ride rollers!

When Dave Branco's freewheel came apart on the road to San Luis Obispo, CA, the zillion tiny bearings rolled all over highway 9. Somehow, Dave and his companions from the Cherry City Cyclists managed to find all but three. But they had no way to hold the bearings on the freewheel while Dave reassembled it. Well, to make a short story shorter, the local grocery store was fresh out of Phil Wood or Campy grease, so Dave had to improvise. We'll let you guess what he did, but here's a hint. Dave's friends are now calling him "The Blue Bonnet Kid!"

Know how to read a stopped car? Such a car signals its intentions, whether it is parked, waiting at a light, or just stopped in traffic. With lights? Not necessarily. But always with its front wheels. You can see them start to turn before you can see the car move. Now you know the driver is starting up. If they are cocked to one side, even slightly, that's the signal for a turn. You can watch the front wheels of a car facing you in the left lane; the wheels tell you whether the driver will turn in front of you or go straight. In a parking place, the front wheel's angle tells you whether the driver is about to pull out. (Richmond Area Bicycling Assoc.)

If you have a Bell TourLite helmet with the buckle sewn into the straps, you should write or call Bell for a newer, stronger buckle, and install it immediately. The original buckles are prone to break. Dean Fisher, Bell's senior vice-president, says that TourLite owners with the sewn in buckles can obtain a new buckle by contacting Bell and giving them the serial number off of their helmet. For details, see the article in the Oct American Wheelmen, or write or call: Bell Customer Service, Bell Helmets, P.O. Box 1020, Norwalk, CA 90650 (213/921-9451)



Affiliate



Bob Payne, Narragansett Bay Wheelmen

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