

DEFECTIVE CYCLING

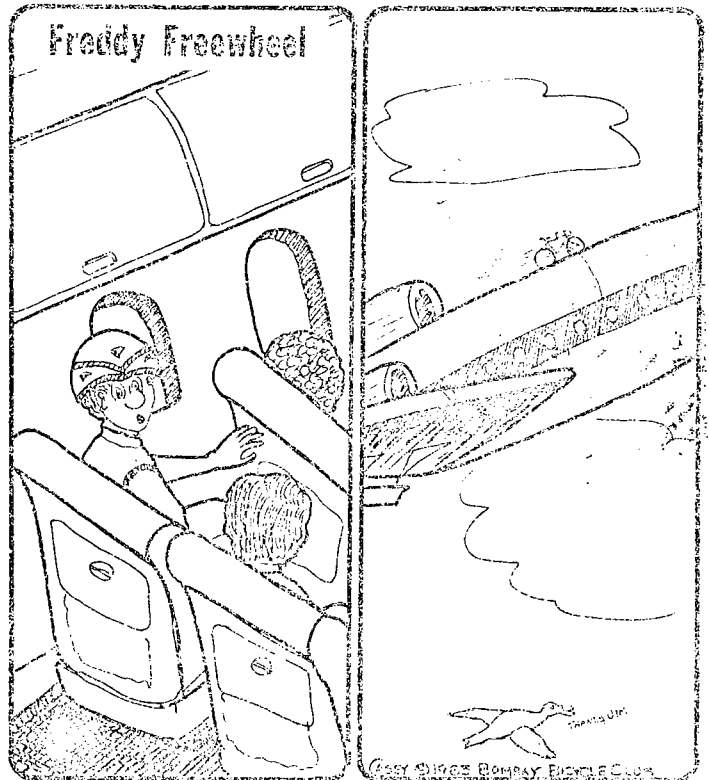
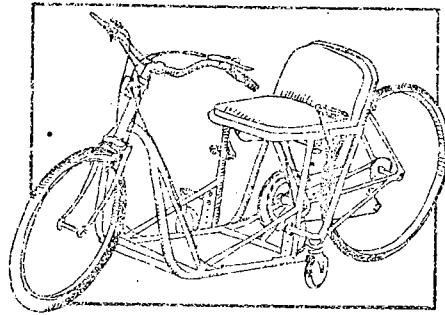
Kevin Montgomery of Skid Lid (the bike helmet manufacturer) recently shared three bike accident reports that are so bizarre, that they must be true.

The first occurred while the rider was commuting at 5:40 AM. "A car pulled up to a stop sign to wait for me to pass, whereby I saw that his auto hood was not latched down. So I pointed at it and told him so. In the process of doing all that, I didn't hold onto the handlebar very tightly or watch the street. I lost balance, fell, and hit the left side of my head on the street. Thanks to the Skid Lid, I didn't get hurt or shaken from it."

A few months later, this same 38 year old man "Rode off the sidewalk onto a wet street. Had a large package resting on the handlebar and handlebar bag. Was holding it with left hand, and using right to steer. The street was wet and there is a gutter bump. By holding with only one hand, didn't have a steady hold of the handlebar. The front tire slid to the right side when rolling onto the street. Fell to the left side and backwards hitting the back of head." The helmet worked "just fine."

Later, the cyclist (and we use this term loosely) "had two small children riding with me. One on the handlebar, the other on the bar in front of the seat, sitting sideways. One child moved his hand to get a stronger hold. I didn't see him do it. He grabbed the front brake lever and squeezed it. Thereby the front wheel locked and we all went flying over the handlebar. My head went down first and hit the street at the top of the car." The helmet worked "great." No word on the condition of the kids.

Kevin noted that all three reports came from the same rider and quipped "Some people would do themselves a favor by scrapping the bike and living in a rubber room!"

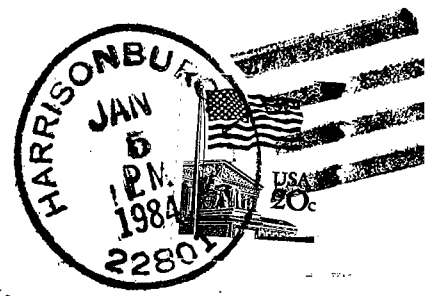


THE AIRLINE SAID MY BIKE WOULD BE NO PROBLEM

SHE/NANDOAH
ALLEY BICYCLE CLUB
 527 Collicello St.,
 Harrisonburg, VA 22801

[Handwritten signature]

71
 Art & Kathy Fovargue
 272 Franklin St.
 Harrisonburg, Va. 22801
 72



SVBC ELECTION BALLOT ENCLOSED.
 VOTE!
 VOTE!
 VOTE!

144



You will not want to miss the January meeting (Jan. 10, National Guard Armory, 6:30 PM) of the Shenandoah Valley Bicycle Club. This will be a special meeting to celebrate our first year of existence. In honor of such an auspicious occasion, we are having a potluck dinner. Bring a special delicacy to share with other members. Please note: Since this will be a "dinner meeting", the festivities will start at 6:30 PM. We will not have an oven at our disposal, so it is out of the oven and off to the meeting. Everyone is asked to bring their own utensils. After the potluck feast, a special "The SVBC Year in Review" will be presented. The "Review" will consist of a mixture of slides, stories and anecdotes from the SVBC's first year. This will be a good chance to relive some of the past fun, meet friends and begin to think about the upcoming year. So mark it on the calendar, and plan to attend! It should be a memorable evening, the beginning of a SVBC tradition, and a fine meal (and also a good time). Looking forward to seeing you over dinner in January!!! Questions??? Give head chef Debby Phillips a call at 433-3419.

DECEMBER MEETING - A TOUR OF BICYCLE TOURS



Well, if you missed the December meeting, you missed some fine photography and an interesting discussion by Art Fovargue about some of his experiences as a bicycle tourist. Art presented the history of his interest in bicycling touring. From his first tour of New England to a cross-North America bicycle tour, Art showed some of the many joys of bicycle touring. If you have toured by bike, Art's presentation stirred those desires to pack the panniers, and hit the road (snow tires recommended). If you have never toured on two wheels, hopefully Art planted a seed of interest. Thanks to Art for a good show!! P.S. The SVBC has some tentative plans for some overnight and longer tours this season. So stay tuned. If you have some ideas for a tour, share them with the rest of the membership. See you on the road and Art says "bring a poncho, it never rains when you lug one of these along!!"

YOU ARE WHAT YOU EAT!!

Speaking of good shows, how about all of those goodies that showed up at the December meeting. A special thanks to all! Did anybody notice the proliferation of fruitcake?? Someone once said "You are what you eat," and there was a good bit of fruitcake eaten at the December meeting.

- HAPPY BIRTHDAY???

Rumors floating about the SVBC say that a certain bike club treasurer has a birthday in January. We won't mention any names, Sue, but we will attempt to verify the rumors at the SVBC potluck!!

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

The Nomination Committee has come up with the enclosed ballot, thanks to those of you who submitted nominations. A special thanks to the candidates who agreed to run for office. Take a few moments to consider the candidates and cast your vote. Bring the ballot to the January meeting, or mail it to Mary Lu Lewis (Rt. 4, Box 296W, Harrisonburg) by January 17. You must be a member of the SVBC to be eligible to vote. In order to ensure that only members vote and also to ensure that there is only one ballot per member, all ballots will be distributed by mail through the newsletter. Therefore, you must bring your ballot to the January meeting or mail it to Mary Lu. The new officers will be notified, and announced to the general membership in the February newsletter. An executive committee meeting will be held with the old and new officers before the February meeting. This meeting will allow for getting some things moving for the new year. VOTE! VOTE! VOTE!

GETTING DOWN TO BUSINESS!!

The February SVBC meeting will be a business and organizational meeting to allow for discussion of club activities and formation of club committees. In order for this meeting to be successful, participation is needed from all of the membership!! So be thinking of some ideas, and be thinking about volunteering to help out!!! And DO NOT FORGET TO VOTE!!

INFORMAL RIDE UPDATE!!

Don't overlook the SVBC Sunday morning informal rides. We can expect to get a decent cycling Sunday occasionally, even in January and February. The scheme works like this: if the weather is decent and the temperature above 35, show up at Waterman School at 11 AM (NOTE THE TIME CHANGE) ready to ride. Among those who show up, decide where you will ride, it is all very informal (tie and tails definitely not required) but very much fun, and a good incentive to get out on the road. See you on the road.

BLUEBERRY PIE PURSUIT

Speaking of informal Sunday rides, we heard that one of these ended up as a search for the finest blueberry pie in the Valley. We're not sure how the search ended up, and rumor has it... that the searchers are still pursuing the elusive pie. Details for joining the search might be obtained by contacting local pie experts Norm Gulliksen and/or Art Fovargue (look for telltale blueberry stains on their cycling jerseys). Check this spot for search updates!!!

LAW T-SHIRTS ARE HERE!!!!

Yes, your eyes do not deceive you, it is true. The long ago ordered LAW t-shirts have finally arrived. If you ordered either a "Banana" Shirt or the "Patchirt" you can pick them up at the January meeting. If you can't wait that long or can't make it to the Jan. meeting, give John Phillips a call at 433-3419.

SPEAKING OF T-SHIRTS

Did Santa forget to leave you your Shenandoah Valley Bicycle Club T-shirt? Well, old Santa had a tough year what with Cabbage Patch Dolls and bringing Dave Lewis all of the new cycles on his list. Not to worry, you can still get your official SVBC T-shirt by contacting Sue Rippey (828-4414). She will have some T-shirts at the Jan meeting. Don't be the only club member without a SVBC shirt.

LEAGUE OF AMERICAN WHEELMEN?

It's 1984 and we are inalterably headed toward the main of winter. To the racer or rider who is concerned about fitness this coming Spring, winter can pose some real challenges; like how in the world do you ride when it's below zero and icy? The answer is alternate sports. Weightlifting, running, basketball are just a few.

However, the most important activity for a competitive cyclist is cycling. This means that whenever possible, you've gotta get out there and freeze your "Dura-Ace" off, and get wet and muddy. Here are a few tips to keep warm:

HEAD - helmet with wool cap to cover ears (remove the sizing pads and go for it).

TORSO - not real hard to keep warm - go with polypropylene/wool next to the skin with a sweater and then a windbreaker on top.

LEGS - wool tights or warmups are good, but when the temps really get low, try wool/polypropylene longjohns or wool fishnet.

NOW FOR THE TOUGH ONES

HANDS - above 40, fingered leather gloves with a good lining. Below 40, go with wool mittens (ie Dachstein) and windproof overmitts.

FEET - probably the toughest to keep warm. Try winter cycling shoes with a felt or neoprene insole (ie Spenco's) or a good running shoe. Also lotsa socks: wool liners (Wigwam "Mojave") with heavy hi-loft wool outer sock. For really cold temps, try a plastic bag between the liner and oversock. Shoe covers (expensive, but nice) and toe clip covers are helpful. If you have terminal cold feet, try this: wear leather running shoes, lotsa socks, and whenever your feet get cold and somewhat numb, get off the bike and run carrying the bike cyclocross style (top bar on your shoulder, grab opposite side of the handlebars). Oh yeah, you can also try hot rubdown balm (no menthol) on your toes!! Sounds crazy, but it works!!!

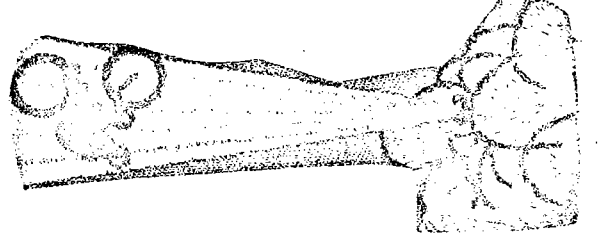
A few tips about the machine:

An old bike is nice, or particularly a mountain bike. Make sure that the saddle height is the same as your fair weather machine. Everything else can vary. Heavy wheels are good for two reasons: (1) It will make you faster if you work to stay up with the falks on the tubulars and ultralight wheels; (2) changing flats with numb frozen fingers is for the birds! Another tip is (shudder) use fenders. They'll keep you drier.

A few tips about you:

WARNING!! Cold saps energy. Be conservative, but get out there and do it!!! Experiment with clothes and acclimate. You'll be glad you did in the Spring!!

THE RACER'S CORNER by Bruce Werner



Affiliate



LEAGUE OF AMERICAN WHEELMEN
P.O. Box 988, Baltimore, MD 21203

Enclose check or money order payable to:
 League rents its mailing list.
 Please do not include my name when the
 Please list me as a Hospitality Home.
 Note: Outside North America add \$4.00.
 Bicyc Dealer \$40 (Details furnished on
 Public or school library subscription \$15
 Family Life: \$450 (installment: \$45 every
 every three months)
 Life membership: \$300 (installment: \$30
 Sustaining: \$40
 children to age 21 living at same address)
 Family: \$24 (two adults and unmarried
 individual: \$18

Check type of membership desired:
 New
 Renewal

(Please print or type)

Name(s) _____
Address _____
City _____
State, _____ Zip _____ Telephone _____

The SVBC is affiliated with the League of American Wheelmen (LAW). The LAW is the national organization of bicyclists, and its origin goes back to 1880, when bicycling was a new and exciting mode of travel. In those days, good roads were unheard of (this probably sounds pretty exciting to you mountain bikers and serves a nationwide network of affiliated bicycling clubs (the SVBC is one of about 300 affiliated clubs) and organizations, and sponsors bicycling rallies and other bicycling activities. The LAW also publishes an excellent monthly magazine entitled "American Wheelmen", which keeps members up to date on League activities, as well as providing articles about topics of general cycling interest. For more information about the League of American Wheelmen, contact the WC's LAW representative, Ray Miller (396-1576), drop in at local bike shops for an application or write to: LAW, P.O. Box 988, Baltimore, MD 21203.

BAIL FOR DR. BIKE

Those of you who have been keeping up with the travels of our dear Dr. Bike will remember that the last we had heard he was extolling the virtues of "swamp biking" in the Everglades. The latest word from Dr. Bike comes to us from the Dade County Jail in Florida. It seems that an irate alligator was giving Dr. B a difficult time while he was time trialing through a marsh on his new swamp bike. According to our friend, he gave the rude reptile a gentle bonk on the head with his Silica frame fit pump. Unfortunately, a swamp warden observed all of this, and Dr. Bike was arrested for attempted alligator poaching. To add insult to injury, the 'gator ate Dr. Bike's pump. So, as of the date of this newsletter, Dr. Bike is in the slammer in Florida, and worse, he has lost his beautiful pump. Anyone interested in contributing to bail or funds for a new pump for Dr. Bike should write to: The Dr. Bike Defense and Bicycle Pump Fund, Dade County Jail, Alligator Abuse Section, Cell 3, Miami, Florida. Dr. B says any contributions are tax-deductible, so you'll want to get those checks off before the first of the new year. (Editor's note: we're a little tardy with the newsletter, so you'll have to postdate the checks)

SVBC CLASSIFIED ADS

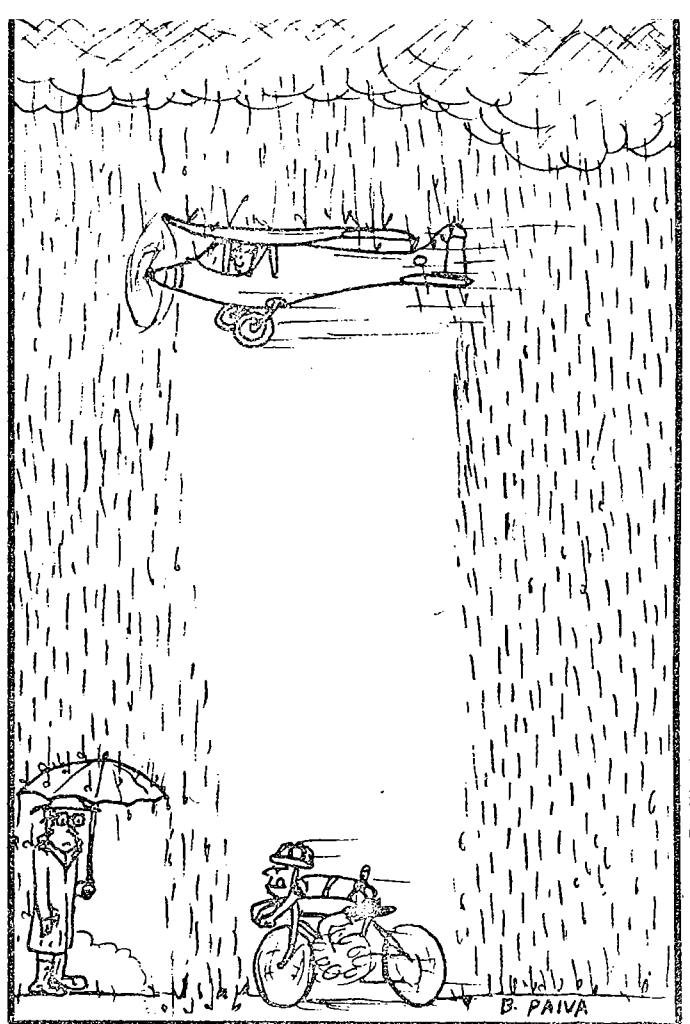
Starting in the February Newsletter, a classified section for club members will be included. So if you have some thing bicycle related that you would like to buy, sell or trade, drop a note or give a call to John Phillips, 527 Collicello St., "burg, 433-3419. The editor reserves the right to edit all ads. This will also serve as a good place to advertise for cycling companions on tours. All ads must be received by the 20th of the month prior to the upcoming newsletter. So, that means Jan. 20 for the Feb newsletter. Take advantage of this new addition to the newsletter.

NEWSLETTER GUIDELINES

The SVBC Newsletter is published every month. SVBC members are encouraged to submit articles or information for the newsletter. Suggestions and comments are always welcome. Deadline for submissions is the same as that for the classified ads above. Your submission may be as formal (typed) or informal (phone call) as you would like. Contact the Newsletter editor, John Phillips, for more details. The editor reserves the right to edit submissions due to space limitations.

MARCH IS FOR MOUNTAIN BIKES

Mountain bicycles are taking the country by storm. Sales of these machines are skyrocketing, and a number of SVBC members have purchased or are considering the purchase of a mountain bike. The Shenandoah Valley would appear to be an ideal local for a mountain biking boom. So hold on to your helmets and fat tires, the March SVBC meeting will focus on this rapidly growing phenomenon!! Tentative plans are for some discussion of mountain biking by local "experts", demonstration and exhibition of some equipment, and some slides of folks climbing mountains on two wheels. Stay tuned, details in the February and March newsletters. Anyone interested in helping to put this program together should contact John Phillips. Four wheel drive need not apply!!!



Bob Paiva, Narragansett Bay Wheelmen

MISCELLANEOUS TIDBITS (pilfered from the AMERICAN WHEELMEN)

EXERCISE YOUR ODOMETER FOR LONG LIFE!

If you ask Bob Edwards why he is riding a bicycle, he might tell you, "I'm exercising my odometer."

Bob, a member of the Polk Area Bicycling Association in Lakeland, Florida, boasts of riding his Huret Multitour odometer 12,000 miles before having the little "0" ring break. In his club newsletter he writes:

"I know of others who have put 10,000 miles on their odometers, but I do not know of anyone who has done it on one belt. I claim this is record until someone else can prove better. I am firmly convinced that the trick to not breaking belts is to keep them in near constant use. My bike is ridden nearly every day at least 10 miles to and from work, and during the last 18 months, I averaged 18.5 miles per day. If the belt is used as often as possible, it doesn't have a chance to take a 'set' and get distorted into one shape."

Well Bob, we guess odometer belts are a lot like people!

