

No . . . that's not a misprint! If you were able to brave the nasty weather and make it to the January SVBC meeting, you understand the title. Given the wide variety of delicacies that made it to the SVBC's first potluck dinner, maybe we should consider a name change? There was an excellent turnout, despite the weather, and as usual when food meets cyclist the food disappears. Everyone had a good time and a good meal too. A great way to kick off the SVBC's second year. Let's not wait a year for another of these!

ELECTION RESULTS!!!

One of the advantages of membership in the SVBC is that you don't have to wait until November to get election results. Here are the SVBC Officers for 1984:

- President - Ray Miller
- Vice - President - Art Fovargue
- Treasurer - Sue Rippy
- Secretary - Kathy Fovargue

Congratulations to the new officers, and thanks to all who participated. The new officers have met with the old officers, and have met among themselves. They are raring and ready to go!!!

PRESIDENTIAL PREAMBULATIONS by Ray Miller

(editor's note: being a good editor, I looked up "preambulations" in my handy Webster's dictionary (1942 edition) and it was not there. Well it looks alot like preamble, and it looks alot like ambulate; and well gee. . . it sure sounds impressive . . . so here's to a new regular feature in the SVBC Newsletter from the desk of the preambulating prez!!)

I would like to wish all SVBC members and their families a prosperous new year. You may see a few changes in the club this year, hopefully for the better. We are thinking of adding a few mountain bike rides to the ride schedules for you Fat Tire enthusiasts.

I would like to extend an invitation to you to become involved with the club. It is easy to sit back and wait for Sunday rides, newsletter, and the monthly meetings without a thought of what it takes to accomplish these events. Remember that the officers, committee chairpersons and committee members volunteer their time in an effort to make the club fun for all members. If you want to see any changes, get in the arena and kick and scratch with everyone else. You make the difference.

Get involved with the SVBC!!

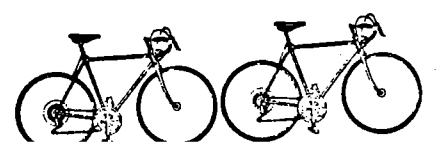


SHEMANDOAH
VALLEY BICYCLE CLUB
527 Collicello St.,
Harrisonburg, VA 22801

FEBRUARY, 1984 NEWSLETTER

Election Results

Dues are Due



For their outstanding efforts during the SVBC's first year, the club officers were presented with distinguished awards. A summary follows:

Mark Nissley - President - received a handy, compact and portable hot-line telephone that will allow him to always stay in close contact - no matter where. The instructions say that it is particularly good for making calls from scenic European countries. Collect calls will not be accepted! (Note: this award was only made possible by the recent deregulation of the phone company!)

Bruce Werner - VP and Racing Director - received a high-tech, ultra-wide racing saddle complete with heavy duty springs. The manufacturer (Ajax Bike Components and Truck Parts, Inc.) claims this saddle can be used for both racing and mountain touring. They don't say, however, if it can be used on a bike.

Sue Rippy - Treasurer - received a handy new book entitled "1001 Things to Do With T-Shirts!!" #853 says "sell as many as possible!" The book also contains a handy ledger, but unfortunately, the instructions were not included. Sue also received some large (15" x 30") money which is absolutely useless.

Ray Miller - Secretary - received a very distinguished and inexpensive pencil set. In addition, Ray was presented with a semi-official Rockingham County turkey feather quill pen (ink was not included).

In addition, several awards were presented to members who had distinguished (embarrassed?) themselves during the past year.

John Coyle was presented with a quality calendar with the second Tuesday (SVBC meeting date) of every month marked. John is our National Guard Armory contact, and provides us with our fine meeting place.

Norm Bulliksen was presented with a compass of questionable reliability for his efforts as the SVBC's first Touring Director. In addition, Norm, who is known for an unsatiable thirst, was presented with an official SVBC beverage cooler. Norm promises to share his cool drinks on all SVBC rides, but you'd better catch him early.

Dave Lewis received a special award as the SVBC's "best dressed cyclist!!" The award consisted of a wide tie and matching lightweight socks (or was it a lightweight tie and wide socks). Anyway, we will be looking forward to seeing Dave on the road in his new riding attire. (Dave - does the tie come with a chamois???)

L.B. Branner received the SVBC's "Newsletter Editor" award which consisted of an eraserless, #2 pencil broken in two. Also included in the award is an automatic stamp licker, which can be picked up at the local SPGA.

Finally, Art Fovargue received the coveted "Breakfast Ride" Award for his efforts in leading sleepy, bleary eyed and hungry cyclists to the Riverside Restaurant in Broadway. The award, suitable for hanging or disposal in the nearest receptacle, is a fine dinner plate complete with two petrified fried eggs (sunnyside up!!) The award is also accompanied by an unlimited supply of coffee refills provided by that famous and efficient Riverside waiter, Larry Fulwider!!

FEBRUARY SVBC MEETING - GETTING IT TOGETHER

The Feb meeting of the SVBC (2/14, 7:30 PM, Hourg Natl Guard Armory) will be largely dedicated to taking care of some important club business, and getting some ideas together for the coming year. Our new officers are eager to get moving on a number of things, but input is needed from all members. Volunteers (a terrible word, but something that the SVBC needs to continue to grow) are needed to head and serve on various club committees. Ideas are also needed. So put on your thinking caps and come to the Feb. meeting.

WINTER RETURN - WINTER EXERCISE

So that the Feb meeting won't be all work and no play, we will repeat the popular winter exercise program. Winter exercise equipment ranging from rollers to ergometers will be demonstrated and available for your use. It is never too early, or too late to start getting in shape for the riding season ahead. Check out some different ways to ride a bike in the winter without dressing like an Eskimo. If you have some equipment you would like to share, bring it to the meeting! Come prepared to ride a bike and work up a sweat!!

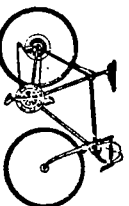
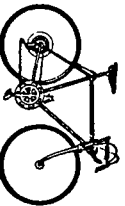
MARCH IS FOR MOUNTAIN BIKING

The March meeting on Mountain Biking is beginning to take shape. Plans are for several local experts to discuss various aspects (philosophy, equipment, etc.) of this rapidly growing sport. The discussion will be topped off with a slide presentation on Mountain Biking by Craig Mauck. Craig will share some of his experiences from the 1983 Fat Tire Bike Week in Crested Butte, Colorado. Mark it on your calendar, March 13, and plan to attend!! This will be an excellent opportunity to learn more about this different form of biking.

BIKE SHOP SUPPORT - A BIG THANK YOU

Every month, this newsletter contains a small, unassuming acknowledgement of support from Back Alley Bikes and Mark's Bike Shop. This financial support, which covers the cost of printing the SVBC newsletter (approx \$20/month) is equally split by the two shops. This financial support is a great asset to the SVBC, and allows us to keep our membership dues low, and provide a quality and informative newsletter. The SVBC would like to thank Jeff Landis of Back Alley and Mark Nissley of Mark's Bike Shop for their support of bicycling in the Shenandoah Valley.

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



SVBC CLASSIFIED

Got something bike related to sell, trade, or give away. Interested in locating a riding partner for a special trip or on a routine basis. Why not run a SVBC classified?? This service is absolutely free to all club members (non-members \$200.00/line) Classifieds must be submitted by the 20th of the month for inclusion in the next month's newsletter. Send, call, or carrier pigeon ads to the Newsletter editor.

FOR SALE: Bell Biker Helmet - Small - Worn Once, \$30.00, Sue Rippy - 828-4414 (home) 433-6363 (work)

WANTED: Newsletter Articles - any form, any shape - will edit. Submit by 2/20 for March edition. Contact J. Phillips 433-3419.

NEEDED: Volunteers to serve on SVBC committees. Contact committee chairpersons for details.

JUSTICE IS SERVED

When last we heard from our hero, Dr. Bike, he was securely locked up in the Dade County Jail in Miami, FL, because of a dispute with a member of the local alligator population. Our most recent communication with "The Doctor" indicates that he is free, due largely to the sympathy of a local judge. The judge, it seems, was somewhat of a biking enthusiast, and felt that Dr. B had paid dearly for his crime by losing his cherished Silica frame fit pup to the jaws of an irrate reptile. The judge reduced the charge from first-degree alligator abuse (a felony) to pre-meditated dental work on reptiles (a misdemeanor). Dr. Bike had to pay court costs and clean the judge's bottom bracket. Dr. Bike says he is happy to be out of jail, but is a bit concerned about eating his own cooking again. Nevertheless, he says thanks to all from the SVBC who contributed to his defense (a particular thanks to the member who sent the cake with a hacksaw inside. The guards are alert to this one!!) Dr. B used the proceeds from the defense fund to buy a small order of fries and a strawberry shake upon his release. Finally, he says he is heading back north, and will see you when the snow on Massanutten melts!

Perambulations

OOPS . . . IT SAYS PERAMBULATE

. . . no wonder I could not find it in the dictionary! Y'all change them 'eambulates to perambulates, OK. Perambulate means to walk through or stroll. Makes a whole lot more sense now....doesn't it. Either way, it sure sounds impressive. Happy perambulating!!!

1984 MEMBERSHIP RENEWAL TIME!!

Well folks, with the end of the SVBC'S first year comes the expiration of memberships. A membership form is enclosed, so take a few minutes to complete it and send it in. If you are renewing your membership, check the renewal box, put your name on the form and send it to Sue Rippy. We have included some additional questions, so fill them out if you'd like. They will provide the club with a better picture of the membership. If any information needs to be updated, do that too. Memberships are \$5 for individuals and \$8 for family memberships. So don't delay, rejoin today.

1984 SVBC MEMBERSHIP - GIVE US A TRY!!

If you are not a member of the Shenandoah Valley Bicycle Club, consider joining. Membership in the SVBC is a great way to meet people who share a common interest - bicycling. Our members range from racers to mountain bikers to laid back tourists. The SVBC holds regular monthly meetings (2nd Tues of each month), sponsors a riding schedule which attempts to serve the desires of all of the membership, sponsors monthly club programs, and publishes a monthly newsletter that keeps the members up on what is happening with the SVBC and other items of bicycling interest. Convinced?? Just take a few moments to fill out the enclosed membership form and mail it in with your dues. Not sure?? Come to the next meeting or two and observe the SVBC in action and find out what we're all about. Club meetings are open to the public and all interested persons are encouraged to attend.

TREASURER'S REPORT - 1983

Membership Dues Collected	\$516.00
Newsletter Fees and Postage	331.70
Bike Shop Reimbursement for Newsletter Costs	83.14
Cost of T-Shirts	532.50
T-Shirt Sales	246.00
Century Ride Deposit(after expenses)	100.58
Deposit from Races(after expenses)	16.25
Todd Lake Ride Deposit (after expenses)	6.00
AGVITHH II (after expenses)	96.38

Submitted by Susan Rippy, SVBC Treasurer

AGVITHH III

The Annual Great Valley Interstate Tour Harrisonburg to Harrisonburg or AGVITHH for short will be held on June 22 - 24. The tour will leave from Harrisonburg and end in Harrisonburg, PA. This will be the third annual event. The ride is guaranteed to be a mini-adventure, and is sponsored by the SVBC and The Daily News-Record. More detailed information and registration forms will be forthcoming, but if you can't wait, Norm Gulliksen might provide a few hints of the adventures to come on AGVITHH III. So mark your calendar!!

CATERPILLAR OR BUTTERFLY

The following is a quote from John Freidin of Vermont Bicycle Touring shared by Nora Gullisen. It seems to be appropriate as the SVBC looks forward to another active riding season.

"Caterpillars and butterflies. On a ride one day, it struck me that bicyclists could be either one. The difference is their view of the terrain. To caterpillars, every hill looks like a mountain, while to butterflies, even mountains look flat as they float over them. But given time, every caterpillar grows into a butterfly."

If you are not now a butterfly, don't worry about it - you will be - if you ride with the SVBC.

DUPONT TO REWARD 65 MPH IN HUMAN-POWERED VEHICLE!

DuPont says it will give \$15000 to the first person to build and demonstrate a single rider human powered vehicle that reaches 65 mph on level ground, unaided by wind or other vehicles. The rider may drive the vehicle with legs, arms, or both, but storage of energy by mechanical devices is barred (in other words, no rubber bands). The vehicle may get a push start from no more than two people on foot, but they are permitted to push beyond 15 meters from the point where it starts to move.

The company will offer the prize for four years. If nobody reaches 65 mph by the end of 1987, the prize will go to the entrant who made the fastest attempt. The competition will be administered by the International Human Powered Vehicle Association, Seal Beach, CA, which recently issued the relevant regulations and conditions.

The speed record for one-rider human powered vehicles is 58.89 mph. It was set by professional cyclist Dave Bryllis in a Vector tricycle in 1980. The Vector weighs 51 lb and is enclosed in a streamlined plastic shell. Its features include an oversized 100 tooth chain wheel, a six speed transmission, and lightweight wheels with only the rims protruding from the shell. Vector was designed by Allan A. Voigt, a California aerospace engineer.

Some people think the Vector's record is unbeatable. Computer modeling, however, indicates that the theoretical top speed for a one rider vehicle is between 65 and 70 mph. DuPont came up with the \$15000 to encourage people to shoot for that goal. Possible measures include lightweight engineering materials and improvements in the power train and streamlining.

DuPont's first venture in exotic human powered vehicles came in 1979 when the company sponsored the construction of the Gossamer Albatross. The aircraft was designed by Paul MacCreedy, also an aerospace engineer in California. Pilot Bryan Allen pedaled the Albatross across the English Channel from England to France without getting his feet wet.

OK folks, get out the cardboard and balsa wood, we'll see you at the first time trial!!!

This little tidbit is for the bicyclist who has everything. The following is from a recent catalog that came across the editor's desk.

"The Air Shifter is a unique patented system that uses air pressure to provide easy and precise control of the rear derailleur on your multispeed bike. It puts you in total control so that you can enjoy an effortless and safe ride. There are four shifting positions. Fast Down for rapid downshift from high to low gear. Downshift, to automatically shift the rear derailleur progressively to the lowest gear. Upshift, that automatically shifts progressively to the highest gear. Hold/Cruise, that maintains a specific gear indefinitely when cruising. It's easy, safe, and effortless, and its adjustable to put you in full control for your cycling pleasure. The Air Shifter mounts on most multispeed bikes with a rear derailleur for fast installation without modifications. It's a rider's joy."

So throw away those shift levers folks and move into the 21st century. This little gem only costs \$69.95, so order soon, supplies may be limited!!!

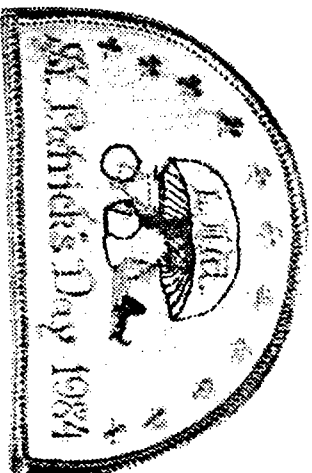
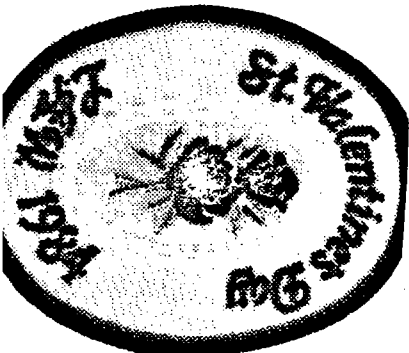
UPCOMING LAW EVENTS



For those folks who like to plan ahead, here is a list of upcoming LAW big get togethers for this summer.

- June 8-11, GEAR South, University of North Carolina at Charlotte, hosted by the Tarheel Cyclists.
- June 15-18, GEAR Up, Towson State University, Towson, MD, hosted by the Baltimore Bicycle Club.
- July 3-8, LAW National Rally, Indianapolis, IN, hosted by the Central Indiana Bicycling Association.

For those of you not familiar with the terminology, GEAR used to stand for Great Eastern Rally, originally held in the Northeast. Today, the term GEAR is synonymous with any LAW sponsored regional rally. Watch this and other spots for more info!!



Patch Ride

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

NAME(S): _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP _____

PHONE _____ (check if you do not wish your phone # published in a membership listing ___) BIRTHDATE (MONTH AND DAY ONLY, OPTIONAL) _____

TYPE OF MEMBERSHIP: NEW _____ RENEWAL _____

individual (\$5) _____ JR (12-16) (\$2) _____ FAMILY (\$8) _____

Please rank your cycling interests (1-highest)

Racing ___ Touring ___ Overnight trips ___ Family Rides ___
Off Road ___ Commuting ___

Would you be possibly interested in serving on any of these club committees:

RACING ___ TOURING ___ PUBLICITY ___ PROGRAM ___ SAFETY ___

SUGGESTIONS??? USE THE BACK

SEND THIS APPLICATION

(WITH SIGNED RELEASE AND DUES) TO:

SUE RIPPY
SVBC TREASURER
107 VICTORY ST
BRIDGEWATER, VA 22812

MAKE CHECKS PAYABLE TO
THE SHENANDOAH VALLEY
BICYCLE CLUB

SHENANDOAH VALLEY BICYCLE CLUB RELEASE

All club members must sign the below release. For persons under the age of 18, the parent or guardian must sign. Any person riding on an invitational status must furnish a release. This signed release will remain in effect as long as the club is officially active.

In signing this release for myself, or for the named entrant, I hereby agree to absolve and hold harmless the Club, the Club Officers and the members, also any others connected with events sponsored by the Club in; any way whatsoever, for blame or liability for any injury misadventure, harm, loss or inconvenience suffered. I understand that the Club is not responsible for and is not an insurer of my personal safety. I also, hereby, consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and practice courtesy and safety in cycling.

Signature of Club Member or Entrant _____ Date _____ Signature of Parent or Guardian of Individual Under 18 _____

