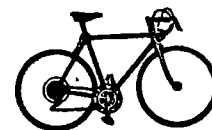


# SHE/ NANDOAH

## ALLEY BICYCLE CLUB

MARCH, 1984 NEWSLETTER (ALL THE STUFF THAT FITS AND THEN SOME)



### VOLUNTEERS - FRONT AND CENTER

The February meeting of the SVBC was a very productive one. New club president Ray Miller, a professional arm twister if there ever was one, discussed some upcoming plans and ideas. Volunteers for vacant club committee positions were solicited. Fortunately, volunteers were forthcoming, and Ray did not have to resort to his bag of tricks (Chinese water torture, bamboo under the fingernails). A lot of good ideas came out of the discussions, and everyone is pretty excited about the upcoming year. Details of the various aspects of the meeting will be interspersed throughout the rest of the newsletter.

### SVBC TOURING CZAR REPORTS

Art Fovargue, SVBC vice president and Touring Director, discussed some ideas and plans for the upcoming touring season at the Feb meeting. He also coined the term "Touring Czar" as a more dynamic term than director. See a later article in this newsletter for some details on SVBC touring plans from Czar Fovargue.

### RACING SEASON GETTING IN SHAPE

Racing Director, Bruce Werner, spoke about SVBC racing plans for the SVBC. The popular time trials will continue, along with training rides and some races. Bruce emphasized that SVBC racing is "fun racing" and encouraged all to give it a try. Racing is a good way to attain a high level of fitness and enjoy some of the competitive aspects of bicycling. If you are interested in helping out with the racing program, contact Bruce at 433-8977. Since we have a touring czar, how about a Racing Raja?? See ya on the Dry River Rd!!

### SAFETY DISCUSSED

A lively and informative discussion on the SVBC's commitment to bicycle safety occurred at the Feb meeting. This seems to be an area where there is interest in seeing the SVBC become more involved. Many concerns, for example, were voiced concerning the train tracks on S. Main by Roth Theatre. Mario Dennis volunteered to serve as the SVBC's Safety Committee Chairman. If you are interested in this aspect of the club, contact Mario at 289-9262.

### LAW AFFILIATION

A vote was taken in favor of continuing the club's affiliation with the League of American Wheelmen. For those unfamiliar, the League is a national organization of bicyclists. The affiliation fee is \$20/year.



Affiliate

### LOW COST ADVICE SOUGHT

Based upon discussions in the past and at the Feb meeting, there appears to be a need for some professional advice in several areas (legal, insurance, etc.). Concerns such as liability, club incorporation, non-profit status are a few. If you have some low cost (ie free) professional advice to share with the SVBC in these areas, contact Ray Miller (896-1576).

### TOO TALKED OUT FOR EXERCISE

Given the nature of the Feb meeting, everyone was ready to head for home after the discussion of club business. A few diehards hung around to work up a bit of a sweat on some of the equipment. Thanks to all who brought equipment!

### NEW PROGRAM DIRECTORS NEED IDEAS

Dave and Mary Lu Lewis volunteered to serve as program directors for the new year. The Lewises would welcome ideas concerning the types of programs club members would like to see in the coming year. Give Mary Lu or Dave a call if you're interested in serving on this committee or if you have some ideas. (867-5363)

### NEW MEMBERS - JOIN TODAY

Interested in bicycling!!! Give the Shenandoah Valley Bicycle Club a try. Memberships for individuals are \$5 and \$8 for families. Membership forms may be picked up at area bike shops, or at the next club meeting (3/13). Join the SVBC!!!

**PRESIDENTIAL PERAMBULATIONS**  
(Presidential Preambles???) by Ray Miller

I would like to thank those of you who volunteered for committee positions at the SVBC Feb meeting. We can still use more people as ride leaders and committee members, so fill out your 1984 membership form, including committee interests, and send it to Sue Rippy. If you have not been able to take advantage of those Sunday rides because of Church commitments, breathe easier. We are moving the starting times for these rides to 1:00 PM, courtesy of Mother Nature and her longer days. The March meeting should prove to be entertaining and enlightening to those of us who have yet to take the fat tire bike plunge. Ask Dave Lewis how tough these bikes really are! We should start receiving invitations for rides from other clubs in the State (editor's note - see other upcoming events in this newsletter!). Take advantage of the opportunity, you'll get to meet some fine folks. Good riding!

**1984 SVBC CLUB COMMITTEE CHAIR PERSONS**

The following persons have volunteered to serve as heads of the SVBC Committees for 1984

Racing	Bruce Werner	433-8977
Touring	Art Fovargue	433-9247
Safety	Mario Dennis	289-9262
Newsletter	John Phillips	433-3419
Publicity	Eleanor Price	434-6491
Program	Mary Lu and Dave Lewis	867-5363

These people need support from fellow club members. Give them a call if you want to help.

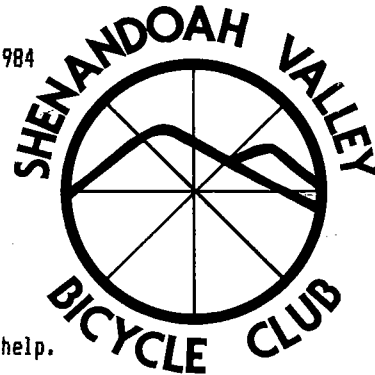
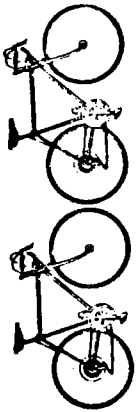
**MARCH MEETING - MOUNTAIN BIKING EXTRAVAGANZA**  
(OR, HOW TO GET OFF ON THE OFF ROAD!!)

You will not want to miss the next meeting of the Shenandoah Valley Bicycle Club on Tuesday, March 13, at 7:30 PM at the Hburg National Guard Armory (Willow St., right behind Hburg High). Our special program will feature that rapidly growing phenomenon in the Shenandoah Valley - Mountain Biking. Often referred to as Off Road, All Terrain, Fat Tire, etc biking, this new mode of two wheel travel has definitely made its presence known. The meeting will center around mountain biking, and examine many of its exciting aspects. This will include a discussion of what is mountain biking and how it differs from "traditional" biking, a discussion and demonstration of equipment, and some actual pictures of people doing it. This last part will include a fantastic slide show by Craig Mauck of the 1983 Fat Tire Bike Week, Crested Butte, CO attended by Craig back in September. Craig ensures us that after viewing this, you'll never want to ride on asphalt again!! We have also attempted to get a video tape on Mountain Biking from the Shimano Co. It is expected that this meeting will generate a lot of excitement and discussion. Hopefully, some of the club's recent converts to this mode of travel will relate some experiences. (Bruce Werner and Mark Nissley have an interesting story to tell...one of adventure, rocks and mud. But we will leave this for the meeting and perhaps a future newsletter) Hopefully, this little announcement has whet your appetite. Plan to attend the March meeting!!!

**\*DR. BIKE IN TENNESSEE\***

After a rather eventful several months in the Sunshine State, Dr. Bike has decided to pack up his tan, sell his swamp bike and begin the long journey back to his beloved Shenandoah Valley. So with the blessing of his parole officer and the alligator population of Florida, Dr. B mounted his recently obtained three speed bike and headed north from Miami.

According to our latest communication with the Doctor, things have been fairly uneventful through Florida and Georgia. And Dr. B indicates that the cycling was flat and he almost always had a tailwind (ha, we should be so lucky). It seems that his thrifty, but reliable, three speed was doing just fine, until he entered the Smokey Mountains of Tennessee. It was at this point that he seriously considered a change in itinerary, and a visit to a distant cousin, a peanut farmer who lives in a small, flat town in Georgia. But he decided to head on, remembering that the cousin had lost a very important job and was out of work, and probably would not give him bus fare to Harrisonburg. At this point in time, Dr. Bike is at the foot of the Smokies, working at odd jobs to raise money for the purchase of a multi (greater than 3) speed bike, that will allow him to cross the mountains, and keep his weary ol' knees together. One of the jobs is with a local farmer who makes a very interesting beverage from grains. Bike says that the beverage also works well to remove dirt and grease from his bike chain. Dr. Bike is the "official" beverage tester. The grain beverage is done when it removes all of the grease and dirt from an average bike chain in 30 seconds or less. Dr. Bike writes that he should have enough money to get his bike by the first of April, and make it back to the Valley in time for the Eastern Shore Ride. His says he will bring some samples of the amazing Tennessee beverage/solvent as many club members may be interested in its amazing properties (solvent only, of course!) Meanwhile, Dr. B says to take care and to enjoy the Mountain Bike show!!



VOYAGEUR by Art Fovargue

If the Prez can think up odd terms for the presidential column, why not the touring director. Voyageur - French form for one who takes a course of travel to a distant place, especially by water (so, remember it rains sometimes). Also a French Canadian or half-breed who is an expert woodsman and boatman, especially one hired as a guide by a fur company whose stations are in remote and unsettled regions. (note: not to be confused with voyeur or voir dire!) What does all this have to do with touring? Probably not all that much, but if I act insane enough, perhaps you'll demand I cease my duties!!

Enough. It is time to get it in gear for an Eastern Shore Tour. We'd like to make this a three-day weekend. Some candidate weekends are April 14, 21, 28 and May 5. Possible destinations are Chincoteague, St. Michaels/Oxford/Easton, Lewes/Rehobeth Beach, etc. If at all interested, contact me (433-9247) and be sure to come to the next SVBC meeting.

As I write this, it is a great day for riding east (early March winds). Although my mileage chart doesn't indicate it, we've had some great days for cycling in '84, with more to come. Check out the ride schedule for March, I'm sure you'll find something to your liking.

For those of you who missed the Feb. meeting, I'm seeking volunteers to serve on the Touring Committee. In addition to planning rides, I would like to see the committee assemble a list of local rides, put together a clear ride code, and establish guidelines for rides and ride leaders.

Lastly, I'd like all SVBC members to make as a personal goal, the leading of at least one ride this year. This will ensure there will be rides to your own liking, and that we'll have lots of rides. We have many maps of local tours, and would be glad to help anyone plan a route. Remember, this includes you, so start thinking about it now.

Go take a bicycle voyage.

SVBC RIDE CALENDAR

DATE	TIME/PLACE	DESCRIPTION	RIDE LEADER/PHONE	RIDE CLASS	SPEED (MI/HOUR)	APPROX DISTANCE (MILES)
MARCH						
7, WED	5:15 PM, WATERMAN	"SUPPER RIDE" RIDE 10 EASY MILES, CONGREGATE FOR DINNER	MARY LU LEWIS 867-5363	A	14-20	20-100
11, SUN	1:00 PM, WATERMAN	"SLOW MILES, 20 MILES WITH LOTS OF STOPS, C PACE	NORM GULLIKSEN 434-2692	B	10-13	20-70
18, SUN	1:00 PM, WATERMAN	"ST. PAT'S PATCH RIDE" WEAR GREEN. SEE SUE RIPPY'S NEW GREEN BIKE PERHAPS. 20 MILE MAX., LAW PATCH RIDE Z PACE	PHILLIPS FAMILY 433-3419	C	8-10	20-40
22, THUR	5:15 PM, KEISTER	"PRE-WED NITE RIDE RIDE!", 8-11 MI, C/D PACE	ART FOVARGUE 433-9247	D	5-8	5-20
29, SUN	1:00 PM PAINS ELEM. TIMBERVILLE	"QUICKSBURG LOOP", 25-30 MI, C PACE	RAY RITCHIE 896-2913			
APRIL (WITH FEWER SHOWERS?)						
1, SUN	1:30 PM, WATERMAN	"APRIL FOOLS RIDE" DO YOU DARE SHOW UP?? 20 MILES, C PACE	ART FOVARGUE 433-9247 (THE ORIG. APRIL FOOL!)			
4, WED	5:30 PM, KEISTER	POTLUCK "MED NITE RIDE" ROUTE AND DISTANCE DETERMINED BY GROUP	THE GROUP			
22, SUN	1:00 PM, PURCELL PARK	"EASTER RIDE" LAW PATCHES AVAILABLE(\$1.75) TO GROTTUES, 40 MILES, B/C PACE	RAY MILLER 896-1576			

REMEMBER - IF THE TEMPERATURE IS BELOW 35F, NO RIDE. CALL THE LEADER IF IN DOUBT

27-29 POSSIBLE DATE FOR EASTERN SHORE TOUR. SEE NEWSLETTER FOR DETAILS ON THIS ADVENTURE!

MEMBERSHIP RENEWAL

COVER  
**Dues are Due**

1983 SVBC memberships are officially expired. Sue Rippy, SVBC Treasurer, reports that renewals are coming in slowly, but surely we hope. If you have not rejoined, go get that renewal form in last month's newsletter, and send it on to Sue!! This will be your last newsletter if you chose not to rejoin by April 1. We don't want to lose you, rejoin today! (Several consumer groups claim that an SVBC membership is one of the best deals in town)

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

## UPCOMING EVENTS IN AND AROUND VIRGINIA

We will attempt to keep track of upcoming events of SVBC interest in this column. If you know of an upcoming event, let the editor know. In addition, if you are planning on attending an event, let other members know (the SVBC classified section is a good place) so that car pooling and other arrangements might be arranged. It is always fun (and cheaper) to go as a group!!

### ANNUAL GATHERING OF VIRGINIA BICYCLISTS (GAVAB)

May 18, 19, 20

This announcement was received from the Richmond Area Bicycling Assoc. and sounds like an outstanding ride. If you are interested, contact John Phillips about the possibility of a group from the SVBC going.

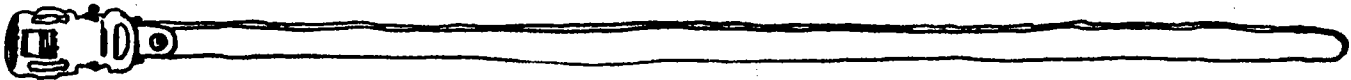
GAVAB is returning to the Richmond area with its many miles of excellent, lightly travelled roads passing through gently rolling rural areas where bicycling is at its best. Highlights of this year's program include a Friday evening informal gathering/swap meet, and a Saturday evening potluck supper and program. Scheduled rides will vary from several miles to 109 miles, and feature breakfast rides, visits to the Ashland Strawberry festival, to Scotchtown (Patrick Henry's home), as well as quarter, half, metric and full English centuries. For those who may not wish to bicycle, there are many places to visit nearby, including King's Dominion, the Science Museum of Virginia, and Universe, the new planetarium. For registration forms, information, and special low group camping rate, send a long, stamped self-addressed envelope to: Allen Webb, Richmond Area Bicycling Assoc., 9813 Prestondale Ave, Richmond, VA 23229

### GET IT IN GEAR FOR GEAR-UP '84

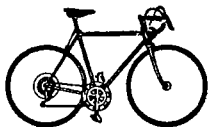
The SVBC recently received some more detailed information concerning GEAR-UP, an LAW sponsored bicycle rally to be held in Baltimore. The following is a publicity announcement concerning GEAR-UP. Many from the SVBC may be interested in attending this event.

On June 15-18, GEAR-UP will be held at Towson State University, located just north of Baltimore, MD. Participants will be housed in air conditioned rooms in modern campus dormitories. The University is within easy access to N. Baltimore County with its covered bridges, quiet country roads, old country churches and general stores. The variety of terrain from rolling farmland for the C + D rider to the hills of the northwest part of the county offer great bicycling. Interesting sites such as the Ladew Topiary Garden and the Boordy Vineyard will be on the bike routes.

We expect to have about 60 exhibitors who will show the latest in cycling equipment. A great variety of workshops will be available, including Bob McNair on the history of bicycling and restoring antique bikes to Mike Reudy's multi-media show on his bicycle trip from Alaska to Argentina. Featured events will be Mike Shermer's talk on the Race Across America and the Antique Bike Parade. There will also be an ice cream social, wine and cheese party, barbecue, square dance, rock dance and bus trips. Sign up early so you don't miss the fun. Applications forms may be obtained in the LAW magazine or by writing to Bob Willasch Publicity Chrm., GearUp, 3-B Torlina Court, Baltimore, MD 21207.



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



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