

MARCH MEETING - MAUCK ON MOUNTAIN BIKING

If you missed the March SVBC meeting, you missed a lot of good information on mountain bikes and mountain biking. Craig Mauck, local mountain biking enthusiast, shared some insight into the development and philosophy of mountain biking. Craig and some other mountain bikers brought their bikes for all to admire (drooling over bikes is a favorite pastime of bicyclists). Craig wrapped up his presentation with a slide show of mostly mountain biking from the Crested Butte Fat Tire Bike Week attended by Craig last year. Mountain bikes aside, the scenery was worth the price of admission. The slides plus Craig's unique narrative were a lot of fun. You had to be there! Stay tuned for more on mountain bikes. A special thanks to Craig!

APRIL MEETING - THE RACE TO GET IN SHAPE

So you've looked at the calendar and out the window and noticed that, for the most part (despite a patch of snow or two), spring is sprung! This can only mean that an active SVBC racing season is ready to start. Time to get off those rollers, wind trainers and particularly your butt and get on to the road. What's that?? Your best intentions of the late fall and early winter have turned in to the reality of another Spring - you're a bit out of shape?? Join the crowd, and start off the season right by coming to the April SVBC meeting (Tuesday, April 10, 7:30 PM, Hburg National Guard Armory) where Bruce Werner, SVBC Racing director will discuss some aspects of conditioning. Racers, tourists and mountain bikers alike should benefit from this discussion. Plan to attend and start the spring off with the best intentions. Note - see the Racing Calendar and the racing Corner for more details about the SVBC Racing season. Time trials will be here before you know it!!

LAST CHANCE - WE DON'T WANT TO LOSE YOU, BUT . . .

If you are reading this and have not rejoined the SVBC, your membership is expired. This newsletter will self-destruct in fifteen seconds unless you get a pen, the checkbook, a stamp and envelope and fill out the enclosed membership form. Send it on to club treasurer, Sue Rippey. This is the LAST warning. Do not pass go, do not collect \$200 and do not receive anymore SVBC newsletters if you fail to rejoin!! The riding season is underway with many events already planned and others on the drawing board. Don't miss out on the fun and excitement of membership in the Shenandoah Valley Bicycle Club. Rejoin today or put that newsletter in a safe place. Fifteen, fourteen, thirteen . . .

NAME CHANGE: BICYCLE USA

As of January 1, 1984, the League of American Wheelmen has officially changed its name to BICYCLE USA. This name change will hopefully help this national organization of bicyclists, to which the SVBC is affiliated, to be more effective in promoting bicycling. According to BICYCLE USA President, Garnett McDonough: "I am very excited about using BICYCLE USA in conjunction with League of American Wheelmen. I feel it will give us a boost that can provide opportunities for us to more effectively represent and work for the bicycling community." BICYCLE USA publishes a monthly magazine of the same name which discusses the organization and bicycling activities. This magazine, which is received by the SVBC through its affiliation, will be donated to the Rockingham Public Library so that it will be available to all SVBC members. Check it out!

PRESIDENTIAL PERAMBULATIONS by Ray Miller, SVBC President

Welcome Spring riders. I hope all of you are ready for a good season of riding. We hope to vary the riding menu by offering a few northern Valley rides. Plans have begun for the SVBC 2nd annual Eastern Shore Ride, and we hope this one will be even better. Invitations are already rolling in for other club rides, so if you want to sample some different terrains, here's your chance. LAW Gear rallies surround us this year, so talk to a LAW member or see the BICYCLE USA magazine in the library for details. Good riding in April!

FAT TIRE BIKE RIDES

The first informal FTB (Fat Tire Bike) rides have already taken place. On Feb 26, Bruce Werner and Mark Nissley rode down to Hone Quarry on the trail from Flagpole Knob, the highest point in Rockingham County, and just missed Craig Mauck and Sue Rippey who had ridden up the trail for a picnic to just before the point in the road where the going gets nasty. Both teams crossed six streams on the way back. On March 4, Mark Nissley and Craig Mauck descended the same trail again, this time with a lot of ice in the streams to make it more interesting. Since the streams were frozen, everyone had dry feet. Stay tuned for rides on the in town trails behind Madison and between Hillendale and Westover Parks. There will be downhill time trials on some local powerline cuts too, after you FTB folks get used to your new machines.

ST. PATRICK'S DAY RIDE - 26 RIDERS

A group of 26 riders, a few wearing green, rode in the SVBC's first St. Pat's Day Ride on Sunday, March 18. The weather was nice, the pace easy and everyone had an enjoyable time touring the 20 mile loop through Mennonite farm country west of Dayton. No one, however, was able to locate the Dayton Blarney Stone. Maybe next year.

WIMPS WENT BACK

Well, it's a good thing all SVBC rides don't start like this one. The day was cloudy, windy, drizzly and downright miserable on March 24. Eight hardy souls showed up for the ride which was lead by Ray Ritchie and swept by CJ. We took off onto Rt 42 north of Timberville and immediately were confronted by the largest hill of the route. Wonderful things happen to your knees on cold rainy days when you're not warmed up (unless your name is Thunder Thighs!!) Two of our entourage decided after climbing the hill they had had their fill and turned back. The rest of the group continued and were treated to a special tour of the largest cove in the Shenandoah Valley. (ed. note: I swear that is what it says, but I have no idea what it means???) We stopped in New Market for a snack. It was fun to watch Dave Lewis try to trade his Colnago for a bowl of chili. After the pause for vittles, the group resumed its trek. The last few miles ran like a roller coaster and everyone made it without incident except Sore Loser. He had dismantled his bike the day before for spring cleaning and had insufficiently tightened the shift levers. It was fun to watch him attacking hills while his bike was attacking him. Those of us who rode the ride agreed that if we are going to make this an annual event, we would call it the "Wimps Went Back Ride." (submitted by Ray Miller)

SVBC CLASSIFIED

FOR SALE: Bell Biker Helmet, worn once, \$30, Sue Rippey, 828-4414(home), 433-6363(work)

COB SALE: Two wheels, front and rear.. Riquana Rims, Suzue Hubs, Trek tires (780c), 433-6618 (days), 867-9489(evenings)

VOYAGEUR by Art Fovargue, SVBC Touring Director

Strange weather we've been having, which must be responsible for some strange happenings. Like the other day, I took a bicycle voyage up to Mole Hill. That part was fairly uneventful, only proving to myself that I was out of shape. But then, coming back into town on Willow St., I saw something out of the most remote corner of my left eye. Turning my head, I was quite surprised to see a Mallard duck cruising about 4 feet behind me, 2 feet off the ground. When he realized my helmeted head was not a cute white female of the species, he landed and waddled off.

About a dozen SVBC members met and laid groundwork for the "Eastern Shore Tour, April 27-29. The plan is to bicycle around the Centerville, Easton and St. Michaels, MD area, with a unanimous choice of 48 to 68 miles per day. V.K. Beggon will drive sag wagon and accommodations will be camping. The terrain is flat and we'll stick to back roads. Some of us will leave Thurs. April, give me a call. We will have a final organizational meeting on April 18.

In May, (see ride calendar) we'll have a one night overnight tour. We will leave Harrisonburg early Sat. afternoon and bicycle 20-30 miles at a leisurely pace to a local campground and return on Sunday. Be prepared to carry your own gear as a sag may not be available. This would be a great way for beginners to get some true touring experience with gear. More details in the May newsletter.

This month we'll officially kick off the "Wednesday Nite Rides" from Keister Elementary School. There will be a ride every week, starting at 5:30 PM (for now), and we'll be taking our time for a relaxing ride. The rides in April will all be short. Many of last year's riders who thought of themselves as D riders ended up as C or B riders through the evening rides. Start now and you'll find yourself an improved rider in no time.

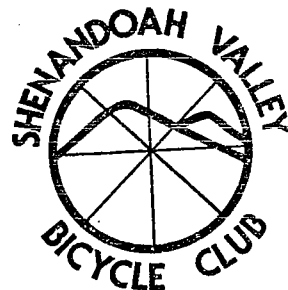
Are you thinking about leading YOUR ride??

THE RACING CORNER by Bruce Werner, Racing Director

Spring Training: If you haven't been squeezing in the some miles between the snow flakes by now, then you had better start! Here are some tips for starting; (1) If it is below 70, wear tights for your legs; (2) if its raining a little, or if the roads are wet, use fenders. I know they're bad for your image, but they'll keep you and your bike drier; (3) Low gears,, LOW gears, LOW GEARS!!! Spin a 68-72 inch gear for at least 3 weeks. Good luck!! See you at the time trials!!

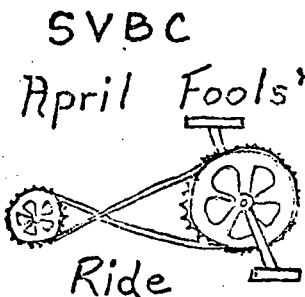
SVBC RIDE CALENDAR

DATE	TIME/PLACE	Touring	DESCRIPTION	LEADER/PHONE	APPROX DISTANCE (MILES)	SPEED (MI/HOUR)	RIDE CLASS
<b>APRIL</b>							
7, SAT	7:30 AM, WATERMAN		BREAKFAST RIDE TO BROADWAY RIVERSIDE, 30 MILES, D PACE	PHILLIPS 433-3419			
8, SUN	1:00 PM, PURCELL PARK		INFORMAL RIDE. SHOW UP AND DECIDE ROUTE	THE GROUP	20-100		
11, WED	5:30 PM, KEISTER		EASY RIDE, 8-12 MI, C/D	DAVE LEWIS 867-5363	20-70		
15, SUN	1:00 PM, WATERMAN		"GET IN SHAPE RIDE", 30 MI LINVILLE LOOP, B	MARIO DENNIS, 289-9262	20-40		
18, WED	5:30 PM, KEISTER		"BACK ROADS OF HBURG", 10 MI, C/D	ART FOVARGUE 433-9247	14-20		
22, SUN	1:00 PM, PURCELL PARK		"EASTER RIDE" TO GROTTOS, 40 MI, B/C B/C PACE, LAN PATCH (1.75)	RAY MILLER 896-1576	10-13		
25, WED	5:30 PM, KEISTER PHILLIPS 433-3419		"BUFFALO CHIPS", 15 MI, D		8-10		
27-29, FRI-SUN	TBA		EASTERN SHORE TOUR, SEE NEWSLETTER CALL ART FOVARGUE		5-8		
29, SUN	1:00 PM, WATERMAN		POTLUCK RIDE- DISTANCE AND PACE DECIDED BY LAST PERSON	MR. OR MS. LAST			
<b>MAY</b>							
2, WED	5:30 PM, KEISTER		CELEBRATE DAYLIGHT SAVINGS, 10-15 MI, C/D DINNER TO FOLLOW AT HERITAGE	ART FOVARGUE 4339247			
6, SUN	10:00 AM, PLAINS ELEM. TIMBERVILLE		"DOUBLE GAP GASP", 40 MI, BRING FOOD LOW GEARS, 5 MILES OF NARROW ROADS	RODNEY YANKEY, 896-2648 RAY RITCHIE, 896-2913			
19-26, SAT, SUN	TBA		OVERNITE TOUR, SEE NEWSLETTER FOVARGUE 433-9247				
<b>RACING</b>							
7, SAT	1:00 PM, PURCELL PARK		15-20 MI, 70 IN GEAR, B/C	B. WERNER, 433-8977			
28, SAT	9:00 AM, DRY RIVER ROAD INT. OF 257 + 738		25 MI TIME TRIAL, ALL RIDERS WELCOME	B. WERNER			
15, TUES	6:30 PM, DRY RIVER RD		10 MILE TIME TRIAL, ALL WELCOME	B. WERNER			
26, SAT	9:00 AM, PURCELL PARK		TRAINING RIDE, 35 MI, MOD. PACE, A/B/C	B. WERNER			



APRIL FOOLS DAY RIDE

SVBC's first April Fools Day ride, held appropriately on April 1, was an outstanding success. After a dreary week of rain and even snow, the day was gorgeous with blue skies and temperatures in the mid 80's. The group (approximately 500) congregated at Waterman Elementary in anticipation of an exhilarating ride. Ride leader, Art Fovargue, did not disappoint the assembled mass of bicyclists by planning a beautifully flat ride of 28 miles. Amazingly, there was a tailwind the entire ride, although the route changed directions many times. Given the wonderful riding conditions, the group was back at the starting point in less than an hour, having hardly broken a sweat. With pleas of "more bicycling" and "don't stop now", Art suggested that the group split in two, with one half riding over Massanutten and the other half over Little North Mountain. Amidst tumultuous cheering, the two groups set off to their respective challenges. After little more than an hour, both groups were back at Waterman, having conquered the peaks. Having worked up a small appetite after two hours of relatively easy bicycling, someone suggested food. Amidst tumultuous cheering, the slightly hungry group sped off to one of Hburg's finest eateries. Upon hearing of the group's exploits earlier that afternoon, the restaurant proprietor treated all 500 cyclists to a free meal. When the food ran out several hours later, each rider was rewarded with a beautiful, hand embroidered patch (facsimile below) commemorating the ride. With a final shout of "APRIL FOOLS", the group disbanded, counting the days until April 1, 1985.



CUT ALONG DOTTED LINE  
FOR EASY  
GLUE-ON PATCH

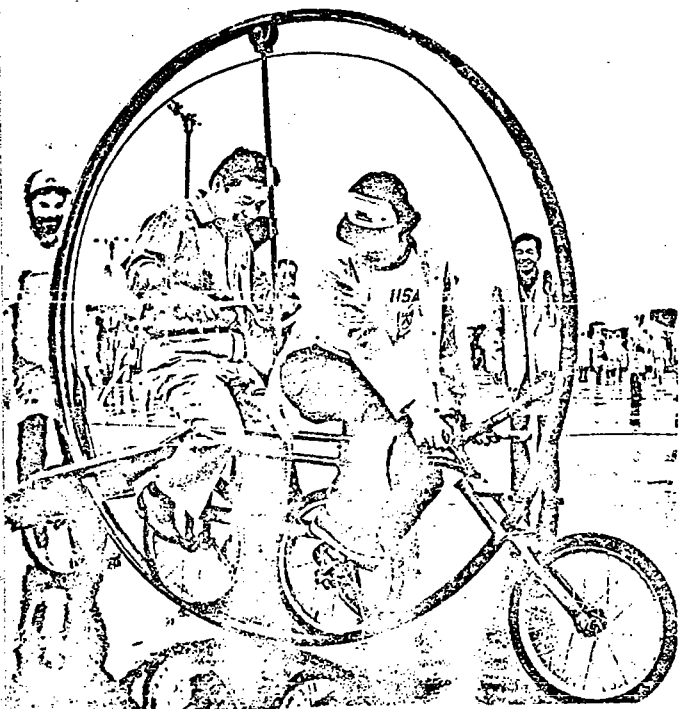


Patch Ride

MISCELLANEOUS - OUT OF THE EDITOR'S WASTEBASKET

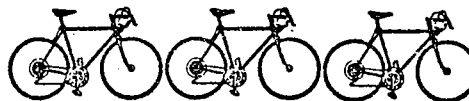
QUADRO-CYCLE??

It may not win the prize for the fastest human powered vehicle, but it did turn some heads at the '8th All-Honda Idea Contest' viewed by 20000 people. The quadro-cycle is powered by two people pedaling the small wheels, which in turn, power the large wheel to provide forward motion. The idea was generated by watching a motorcyclist circle inside a large drum. Looks to me like an advanced generation mountain bike. (submitted by Art Fovargue)



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

- 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
- Prograe Mary Lu and Dave Lewis 867-5363



"WHEELS FOR LIFE" BIKE-A-THON

A bike-a-thon to support St. Jude Children's Research Hospital will be held at Hillendale Park from 11 AM to 4 PM on April 14 (4/28 rain date). Riders will ride a one mile loop to earn money from sponsors who will pay them a certain sum per mile. Information and sign-up sheets are available at bike shops or by calling 867-9469. Riders collectin \$25 or more will win a T-shirt, and those getting \$75 or more will win a tote bag. The top money person will win a personal computer! (submitted by Craig Mauck)

BIKER TO BIKE TO L.A. OLYMPICS

Steve Nearman, a DC area bicyclist is planning on biking to the Summer Olympics in Los Angeles this summer. That's not so unique, except that Steve plans on doing the ride in 28 days (130 miles/day). Now this is not any great record, Haldeman did in less that 18 days, but Nearman is a relative newcomer to bicycling. Probably the most amazing feat is that Steve has been training by riding his rollers for an hour non-stop. For those who have ridden rollers, 130 miles a day would be preferred over an hour on rollers.

RETURN OF DR. BIKE DELAYED

If you have been following the continuing adventures of Dr. Bike, you know that we last left him in the Smoky Mountains of Tennessee. Since that time, Dr. Bike's plans have been slightly altered. Word has it that Dr. Bike has been named the coach of the U.S. Olympic Urban Cycling Team. This little known event requires a bicyclist to ride through a large urban area during morning rush hour wearing a T-Shirt that says "Don't Honk...I'm Pedalling As Fast As I Can!" The participants are also required to stop at two fast food restaurants and one donut shop during the race. Participants are judged not only on time, but on the quality and delivery of rude remarks to motorists, ability to avoid potholes, pedestrians and sewer grates, ingenuity in avoiding bike theft and selection of food items. Dr. Bike is excited to be serving as the coach for this international event. He writes that SVBC members may want to attend the Olympic tryouts to be held in New York City in May. He also suggests that a breakfast ride to Broadway would be an excellent training ride for this event.

AGVITHH III FILLING UP FAST

AGVITHH-III will be held June 22-24. A very nice brochure describing the ride may be picked up at the Daily News Record. Interest in the tour is running very high. Registrations from PA, MD and DE are coming in. Inquiries from IL, OH, NY, NJ and WV have been received. An early fill up is anticipated. The maximum number of bikers that can be accommodated is 100. Interested persons from the Valley are urged to register soon. Food, the route, accommodations and the fellowship are guaranteed to be second to none. The SVBC and the Daily News Record are sponsoring this event (Editor's note: Norm Gulliksen has worked hard to organize this fine event.)

UPCOMING EVENTS IN AND AROUND VIRGINIA

(SASE = Self Addressed Stamped Envelope, a common courtesy!!)

APRIL 28,29 - quarter, half and metric centuries, Emporia, VA. Send SASE to Emporia Bicycle Club, c/o Robert Wrenn, P.O. Box 631, Emporia, VA 23847 (804-634-2222)

MAY 18-20 - Annual Gathering of Virginia Bicyclists. Rides from 9 to 109 miles around the Richmond area. Send SASE to Richmond Area Bicycling Assoc., 9813 Prestondale Ave., Richmond, VA 23229

JUNE 8-11 - GEAR Charlotte, BICYCLE USA Rally, rides of all lengths, workshops, etc. See Feb BICYCLE USA magazine for details and application or send SASE to GEAR Charlotte, P.O. Box 220912, Charlotte, NC 28222

JUNE 15-18 - GEAR UP, Baltimore, MD, BICYCLE USA Rally, similar to GEAR Charlotte, see BICYCLE USA mag., or send SASE to GEAR-UP, 3-B Torlina Court, Baltimore, MD 21207

JUNE 22-24 - AGVITHH III, tour from Harrisonburg to Harrisburg, PA. See SVBC newsletter for details.

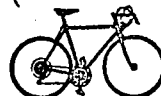
JULY 3-8 - BICYCLE USA National Rally and Convention, Indianapolis, IN. See BICYCLE USA mag. for application and details.

No dues, no news(letter)

APRIL FOOLS!

SHEPHERD  
ALLEY BICYCLE CLUB  
527 Collicello St.,  
Harrisonburg, VA 22801

Art, KATHY + ? FOURGUE  
210 MONUMENT ~~ST~~ AVE.  
HARRISONBURG, VA 22801



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

