

***** TOURING EQUIPMENT DEMONSTRATED*****

Despite some formidable competition from the TV networks, a quorum of members showed up at the May SVBC meeting. After a brief discussion of some club business, bicycle touring equipment was discussed, exhibited and demonstrated. Several club members brought equipment to show-off. Several even brought fully loaded bikes. It does not take much prodding to get a touring enthusiast to "show-off!" (Everyone at the meeting is anxiously awaiting word of how Mario and Myrhh(sp?)'s new "high tech" cooler made out on the N. California trip!!) Thanks to everyone who participated.

***** JUNE MEETING - MAINTAIN THAT MACHINE*****

One of the great things about bicycles is their durability. With a bit of care, some simple, routine maintenance, and some occasional more complex upkeep, your two-wheeled steed should continue to provide reliable and enjoyable transportation indefinitely. In order to assist club members with the maintenance tasks necessary to keep the bike in top working order, the program of the June meeting will be on bicycle maintenance. Given the variety of backgrounds in the club, the program will be split between simple (flats, brake, derailleur adjustments, on road repairs) and more complex (hubs, bottom brackets, headsets) maintenance jobs. "Experts" and bikes will be available for demonstrations and "hands-on experience. Someone probably once said, "take care of your bike and your bike will take care of you!!" Plan to attend the June Shenandoah Valley Bicycle Club meeting, Tuesday, June 12, 7:30 PM at the Hburg National Guard Armory on Willow St. Bring a friend!

***** UPCOMING SVBC MEETING PROGRAMS*****

Program committee chairwoman Mary Lu Lewis and her trusty sidekick Dave have been working hard to plan interesting and informative programs for the club meetings. Upcoming programs include bicycle safety at the July meeting, and a potluck supper at the August meeting. If you have some ideas and/or would like to help out with club programs, contact Mary Lu or Dave.

***** SVBC EXECUTIVE COMMITTEE MEETS*****

The SVBC Executive Committee met on June 4. The Executive Committee is composed of the club officers and the heads of all club committees. Meetings of this committee serve to keep tabs on what everyone is up to, and also allows for an exchange of ideas about where the SVBC is headed. A number of items were discussed, and details concerning some of these items will be found in this newsletter and at the next meeting. As always, if you are interested in seeing the club pursue some new things, or want to help out with the old things, contact the officers and/or club committee heads. Get involved!!

***** PUBLICITY - GETTIN' SOME!!*****

Eleanor Price, Head and sole member of the SVBC Publicity Committee, has been doing a great job of publicizing some SVBC rides in the Daily News Record. Eleanor has some other good ideas for letting the public know about the existence and goals of the SVBC, but she needs some help. If you would like to help out, contact Eleanor.

***** SVBC OFF ROAD*****

Off-road, all-terrain, mountain, fat-tire or whatever you want to call it bicycling is gaining in popularity. Therefore, the SVBC is interested in sponsoring some rides for mountain bike enthusiasts. Craig Mauck has volunteered to serve as the head of the Offroad Bike Committee. Due to the unique nature of this type of biking, the committee's first objective is to develop a set of guidelines for SVBC sponsored offroad events. Anyone interested in helping out with SVBC offroad cycling should contact Craig. His shop is probably the best place to locate him, Little Bald Knob or another offroad trail would be a good second choice!

***** PRESIDENTIAL PREAMBULATIONS by Ray Miller, SVBC president*****

If this article gets in on time for printing, it won't be from my cooperation. Things have been hectic lately, but that's no excuse. Next Tuesday evening yours truly will be giving a bicycle safety program. This program will be given to the children of the Broadway Young Homemakers Club (I hope the adults pay attention). If you ever have a chance to give a program on bicycle safety, please do. It is good publicity for the club and you may help prevent a future fatality.

The club committees have been doing an excellent job this year, and I would like to take this opportunity to thank you all for a job well done. Art wanted me to say something about my July ride. I've decided to make it a Timberville ride instead of leaving from Hburg. It will be a B pace and 30-40 miles with hills, mountains, rain and wind. Only hardy souls need show. Good riding in June.

***** OF INFIRM MINDS AND PURE BODIES!*****

On Saturday, May 28, seven bikers and one child in a bike trailer met for breakfast to prepare for the second annual "Infirmity of the Mind and Purification of the Body" bicycle ride over Massanutten Mountain. After a hearty (heavy?) breakfast, the group set out. About half of the group (Craig Mauck, Ray Ritchie, Rodney Yankey) decided to set a fast pace, while the other half (Dave Lewis, Ray Miller, Beth, Debby and John Phillips) opted for a more leisurely pace. All of those who rode the first annual ride agreed that the mountain had become more steep on the second go around. (We are in the process of consulting local geologists to verify this observation.) If you've never ridden over a mountain before, it is a challenging (bring low, low gears and lots and lots of water), but rewarding ride. See you at the third annual event next year!!

***** HILL RECORD SET*****

Climbing of mountains and other natural inclines, the quarter century (25 miler) ride last Sunday has to have set some sort of a record for the most hills per mile (I calculated 3.14 hills per mile with my Ajax bike computer). There was a rumor that the children riding in trailers (three of 'em) were even suffering from a bit of seasickness. The cookies and cold water from the friendly and generous folks on the side of the road may it all worth it. Thanks to Dave Lewis for leading SOME (hills) sort of ride!

***** STEEPEST HILL IN THE WORLD CONTEST*****

Continuing the discussion of inclines, the Shenandoah Valley is noted for a number of things, and one of them is hills. Now we've all been hearing these stories of the "steepest hill in the world", but now it is time to evaluate these statements for what they are worth. Time to put your gears where your mouth is, one might say. Anyway, here is how the contest works: Submit to the Newsletter editor your description of the steepest hill in the world. A hill is classified as a paved road not located in a mountain range. Provide a description, location, etc, and a short narrative about what makes this road so steep. Is it steep from a physical point of view or psychological (or both, a definite candidate!!)? If you've climbed hills, you'll understand. Entries will be published in the SVBC Newsletter, and as soon as we figure out how to evaluate them, we'll let you know. The winner will receive a bag of Phillips' Famous-Hill Climbing Beans! Enter today, void where prohibited by flatness!

***** SVBC CLASSIFIED*****

FOR SALE: 26" Schwinn Collegiate Sport, Black, exc. cond., best offer (703-942-2305, Waynesboro)

FOR SALE: Two wheels, front and rear, Suzue hubs, Rigida rims (700c), Trek tires, 433-6618 (days), 867-9409 (eve)

FOR SALE: 25" Frame, Japanese, chrome/moly tubing, stripped, somewhat primed. Also old worn out bottom bracket. Sell or trade for Santana tandem (23/21) (433-3419)

FOR SALE: 26.5" Fuji bicycle frame. Braze-ons. Call Rodney Yankey (896-2648)

FOR SALE: Pacer 2000 with heart monitor, \$100 or best offer. Contact Eleanor Price (434-6491)

Tuesday 10 mile time trial results for May in alphabetical order.

NAME	5/15	5/23	5/29
Scott Brooks	33:46	27:31	-
Al Clague	-	26:05	-
John Cope	-	29:45	30:07
Steve Cope	-	23:24	23:45
Doug Degen	-	-	31:32
Dave Frye	-	28:25	28:53
Ed Gainer	30:27	27:31	-
Dale Hartzler	29:18	25:45	-
Dennis Herr	26:21	24:44	-
Jeff Landis	-	27:17	26:17
Sue Lerch	-	31:12	-
Dave Lewis	29:49	26:23	-
Mary Lu Lewis	40:27	-	-
Craig Mauck	26:46	23:59	24:25
Greg McGillivray	32:26	-	29:24
Larry Nuckols	-	31:42	30:16
Debby Phillips	-	-	30:28
B + J. Phillips (tandem)	-	-	34:22
Sue Rippy	-	31:50	29:19
Curtis See	32:13	-	-
Richard Sheehan	34:09	-	-
Jamie Smith	-	-	25:45
Bill Story	-	27:17	-
Chris Story	-	31:12	-
Pat Veltman	check with Bruce	-	-
Mike Wenger	30:29	27:08	27:17
Tim Walters	-	30:08	27:54

MOST IMPROVED MALE: Scott Brooks - 6:15
 MOST IMPROVED FEMALE: Sue Rippy - 2:31
 FASTEST TIME '84: Steve Cope - 23:24
 COURSE RECORD: Jim Strang - 22:42

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

Racing Bruce Warner 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



***** VOYAGEUR by Art Fovargue, SVBC Touring Director (and VP) *****

Ten SVBC members took part in one way or another on the "Overnight to Broadway" tour. The weather was excellent, and it turned out that there were showers after all. Stay tuned for the next overnight(s).

A couple of new things for this month. First off, in an attempt to attract some new faces on our rides (we love the old ones, just want some new ones, too!), we are offering two strictly novice rides during the month of June. If you don't want to ride at an E pace, please don't come. Alternative rides are scheduled. The Novice rides will hopefully serve as an introduction to bicycling to folks who may not be as familiar with recreational cycling. In addition to some easy riding, these rides will take some time to discuss some riding tips and safety and answer questions. If you'd like to give bicycling a try, come out to the novice rides for a starter.

Secondly, Ray Ritchie has initiated a series of Monday night bicycle rides in the Broadway-Timberville area. These are all C or D pace. So head on down (or up) to Plains Elementary School, Monday evenings at 6 PM for some pleasant diversion.

Two upcoming events that need some planning are the Todd Lake Picnic (tentatively July 15) and our National Century in September (Sept 16). I'll be talking about these at the next meeting. If you have any interest in helping, please let me know. We would also like to have some other half, metric and full centuries, so if you wish to get involved - contact me.

Lastly, please note elsewhere in this issue the "Tips for Ride Leaders" and the "Tips for Riders." The touring committee has worked hard on these. We welcome any comments you may have on these, so please read them through. Thanks! Have a great month of cycling.

P.S. I need volunteers to lead rides!!!

***** TIPS FOR RIDE LEADERS *****

- (1) Plan your ride ahead of time. Be familiar with the route and road conditions. Try to use low traffic, safe roads. Inform the touring director of the date, time, place and ride code for inclusion in the ride calendar.
- (2) Provide a map of route if possible (save a copy for the touring director)
- (3) Carry basic repair tools and first aid kit to assist those in need.
- (4) Have all riders fill out a ride release. Return to the touring director.
- (5) If there are any riders you honestly feel wouldn't be able to complete the ride, express your concerns to them and perhaps politely discourage.
- (6) Review route, basic rules of the road and ride guidelines before the start.
- (7) Schedule rest stops as needed and appropriate.
- (8) Encourage safe and courteous riding - ride a good example.
- (9) Keep the ride pace as listed in the calendar.
- (10) Keep track of the last rider during your tour. This can be accomplished by having a person ride "sweep" (arrange ahead of time) or by yourself riding near the back.
- (11) Never leave a rider in trouble without definite "rescue" plans.
- (12) Be able to account for all riders at the end of the ride.

***** TIPS FOR RIDERS *****

- (1) Arrive, ready to go, a few minutes before the advertised time with a bicycle in good condition.. Be aware of the ride code.
- (2) If you have questions, ask the ride leader.
- (3) Obey all traffic regulations - remember-bicycles are vehicles and have no special privileges.
- (4) Ride predictably - signal turns and other moves otherwise, ride in a straight line.
- (5) Give verbal signals to other cyclists such as "on your left", "car back", or "hole."
- (6) Ride in single file any time a car will pass. Maintain single file in heavy traffic areas.
- (7) When stopping to rest, get yourself and your bicycle completely off the road. Leave room for other cyclists to stop off the road, too.
- (8) Notify ride leader if you will not be returning to the finish point or if you quit early
- (9) Carry some tools, spare tube, etc if you have them.
- (10) Bring plenty of water in warm or hot weather..
- (11) A hard shell helmet is strongly recommended.

Canaan Mountain Series Results

10K Enduro - Seventeen riders participated. Local folk did pretty well. The Enduro was a 3 lap race over a 2 mile loop with a 15 yard stream crossing right after the start, and another two-thirds thru the course. A plateau in a strip mine was a steep run up more than 45 degrees and a drop of 50 ft, nearly vertical, found riders flying down at 30 MPH. Pandemonium reigned at the first stream crossing with the lead riders slamming into the two foot stream with 15 others crashing in behind them. Wet, Wild and Wonderful!! Ride West Virginia on July 23!!! Information on 20K and 40K series at local shops.

1st - Steve Cope 34:20; 2nd - Craig Mauck 35:23; 3rd - Scott Lochrie (Blacksburg); 6th - John Behman 41:50; 10th - Mark Nissley - 46:40. Sue Rippe (only female) 48:58.

*** On off-camber trails, weight the inside pedal to the rear, instead of the usual outside down. Any slips find you still on the bike, if not on the trail.

*** When crossing short lengths of branches or similar debris that could be flipped into the derailleur or wheels, pull the front wheel up going over and any flying objects will be left flying out behind the rear wheel.

*** Knobby tires are designed for maximum traction on dirt or gravel, and do not provide exceptional stopping or cornering traction on smooth surfaces like asphalt and concrete. Knobbies will sometimes "wash-out" or slip without warning when ridden on these smooth surfaces. Look out!!

Fat Tips

June 8, Fri - ride flat, local legal trails and talk about bike-handling, 5:30 PM Westover Park

10, Sun -ride to Union Springs to cruise the Blueberry Trail, 25 miles total, 3-5 mi on trail- not too steep. 2PM, Westover

14, Thur - a search for a road I got lost on in May, 20 miles total, 5 miles of smooth, fast gravel road, 5:30 PM, Westover

17, Sun - meet those of us who ride up Sat on Flagpole Knob, and ride down to Union Springs. We will leave a pink marker on the trail where we camp up at the top. Ride back about 2PM.

Fat Rides

24, Sun - ride up towards Reddish Knob, and we make a whole day of cruising the ridge down to Rawley Springs! 35 mi total - 15 mi of awesome trail on National Forest land. Bring food, money and two water bottles!! Leave Westover 9AM or meet at Hone Quarry at about 10.

Contact Craig Mauck for more info about these rides.

***** LETTERS TO DR. BIKE *****

Dr. Bike called the other night to say that he is up to his seat post with work in his training of the U.S. Olympic Urban Cycling team. He did not have much to report since he was calling from a pay phone, and was short on change. He did say that he had answered some members' letters, and that he would be sending them on. Fortunately, they arrived in today's mail.

Dear Dr. Bike:

I recently purchased a Colnago racing bike. It is really neat, I like the way the wind whistles through the bottom bracket. I have taken it out to several time trials, and given my performance (once they left before I was finished, hey it's not my fault it got dark!), I have decided to take up fat tire bicycling. I cashed in my life insurance policy to buy that Colnago, is there any way to convert it to a fat tire bike?

Skinny in Stanardsville

Dear SIS:

I have been asked this question many times in the past year. It seems that more and more skinny tired folk are going to this fat thing. My response is always the same, what would you do if you wanted to "get fat?" Of course, eat lots of high calorie "fatty food" and don't exercise. Take that beautiful thin Colnago, loosen up the threads on the sew-ups, and feed it lots of chocolate milkshakes and cookies. Lock it in a closet between meals, and do not take it for a ride for at least two months. Works like a charm. You'll have a fat bike of which you can be proud. (Note: have you seen Schwinn's newest fat tire bike, it used to be a slim Paramount!). Good luck!

Dear Dr. B.

I recently purchased a Jack Taylor tandem in mint condition at a yard sale in Mt. Solon. How much is this bicycle worth? Two-seated in Timberville

Dear Duo:

There is a popular rumor among bicyclists that the Taylor tandem is one of the best. Furthermore, everyone says that ol' Jack has retired over there in England and does not build bikes anymore. This is hogwash. I know for a fact that Jack Taylor is only 16. Furthermore, he does not know a lug from a slug. As a friend, I'll give you \$20 for the tandem. (my check is enclosed, send the tandem immediately) Be more cautious at yard sales!!!

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



TEXT SVBC
MEETING:
TUES.,
JUNE 12
7:30 PM.
BE THERE!!

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

***** SVBC RIDE CALENDAR *****

June

- 10, SUN "Down in the Valley" - 1PM, New Market Elem. School, New Market. 41 miles, class B/C. Leader: Ed Funkhouser (477-2811)
- 10, SUN Hill Climb, Staunton. Contact Larry Nuckols at Staunton Bicycle or local bike shops
- 11, MON "Inaugural Mon. Niter" - 6PM, Plains Elem., Timberville. 15 miles, class C. Leader: L.B. Branner (896-2386)
- 12, TUES Time Trial, 6:30 PM, Dry River Rd. 10 mile course, flat. all welcome. Leader: Bruce Werner (433-8977)
- 13, WED "Greenmount/Full Moon Ride" - 6PM, Keister Elem. 2 loops - 16 or 20 miles, B or C pace. Leader: Art "werewolf" Fovargue (433-9247)
- 16 SAT Pace Line Ride, For beginning to intermed. riders, class C. Learn how to echelon, ride in group. Contact B. Werner for details (433-8977)
- 17, SUN "Double Gap Gasp - Take II" - 10AM, Plains Elem., T'ville. 40 miles, bring lunch and low gears. About five miles of narrow, winding roads. Class B/C. Leaders: Ray Ritchie (896-2913) Rodney Yankey (896-2648) (Ray promises no rain!!)
- 17, SUN "Novice Ride" - 2PM, Waterman School. A ride for new bicyclists. Short distance back streets of Hburg. Class E. Leader: John Phillips (433-3419)
- 18, MON "Mon. Niter", 6PM Plains Elem., T'ville. 15 miles, D pace. Leader: Nancy Ritchie (896-2913)
- 19, TUES Time Trial, 6:30PM, see details above
- 20, WED "Grizzly Bear Ride", 6PM, keister, 20 miles, B pace. Leader: Dave "bring'em back alive" Lewis (867-5363)
- 20, WED "Novice Ride", 6PM, Waterman, see above for descrip., class E. Leader: A. Fovargue (433-9247)
- FRI "Ride with ABVITHH III", informal ride with official group to Winchester, approx 70 miles, class B/C, contact J. Phillips (433-3419) or Dave Lewis (867-5363) for details.

23, SAT "Old Furnace Road Ride", 10AM, Purcell Park, 10-15 miles, C/D pace. Leader: Donna Werner (433-8977)

25, MON "Mon. Niter", 6PM, Plains Elem., T'ville. 10 miles, D pace. Leader: Ibbey Branner (896-2386)

26, TUE Time Trial, see above.

27, WED "Wed. Niter", 6PM, Keister. 15-20 miles, C pace. Leader: Norm Gulliksen (434-2692)

JULY

1, SUN "Sunday T'ville Ride", contact Ray for time and starting point in T'ville, 30-40 mi, B pace. Leader: Ray Miller (896-1576)

2, MON "Mon. Niter", 6PM, Plains Elem., T'ville, 20 mi, C pace. Leader: Ray Ritchie (896-2913)

3, TUE Time Trial, see above

4, WED "Wed Niter", 6PM, Keister. 15 mi, B/C Pace. Leader: Greg McGillivray (434-4811)

7, SAT "Independence Day Breakfast Ride", 7:30 AM, Waterman. 25-30 mi in and about Hburg. Stop for breakfast mid-ride. LAW July 4 Patch available. Leader: The Phillips (433-3419)

7, SAT "Watermelon Ride", 1PM, at Werner's (near Purcell Park). 20-25 miles. A-C pace. Ice cold watermelon after ride (goodness, it's tasty) Leader: B. Werner (433-8977)

9, MON "Mon. Niter", 6PM, Plains Elem., T'ville, 15 mi, C/D pace. Leader: R. Yankey (896-2648)

11, WED "Paint Break Ride", 6PM, Keister. Up and over Massanutten from the K'town side. 25-30 mi, class B. Leader: J. Phillips (433-3419)

14, SAT, "Todd Lake Overnite", tentative, contact Art Fovargue if interested.

15, SUN "Todd Lake Picnic", transportation for food provided. About 50 mi round trip. Ride at own pace. Leader: TBA

16, MON "Mon Niter", 6PM, Plains Elem., T'ville. 20 mi. C Pace. Leader: Rodney Yankey (896-2648)

17, TUES Time Trial; Bruce is on vacation!! Anyone who wants challenging, valuable experience running a time trial please apply (it's eeeasy!!!) contact B. Werner (433-8977)

RIDE CODE

Class A For strong, experienced riders, 25 to 100 miles at 14 to 22 mph average. Few, if any, stops. Expect difficult terrain.

Class B Consistent pace, 15 to 60 miles at 12 to 16 mph average. Some hills likely. For the competent cyclist. Some stops.

Class C For average riders - ride 10 to 35 miles at an average pace of 8 to 12 mph. Stops definitely included - hills kept to a minimum.

Class D A ride of 5 to 15 miles on any type of well-maintained bicycle. Frequent stops, mostly easy terrain, less than 10 mph average.

Class E Leisurely, slow paced, family rides. All ride together as a group.

No classification shown is required. If you ever have a question about a ride, feel free to contact the ride leader.