

***** SVBC MEETING ARE USEFUL - A TRUE STORY *****

Prior to the June SVBC meeting, Eleanor Price did not know how to change and repair a tire on her bicycle. After attending the June meeting on maintenance and repair, Eleanor set out on a two day bicycle trip to Washington, DC. Lo and behold, she had a flat. According to Eleanor, she changed it in a snap based upon what she had learned at the meeting. The moral of this story is either: SVBC meetings are informative, or make sure you always ride with Eleanor on club rides. Thanks to everyone who helped to make the June meeting a success. We'll definitely run this program again in the future.

***** JULY SVBC MEETING - BICYCLE SAFETY *****

The main program at the July meeting will focus on aspects of bicycling safety. Mario Dennis and other members of the SVBC Safety Committee will discuss safe riding techniques, safety equipment, safety statistics and the major causes of bicycling accidents. This should be an interesting meeting. We all can learn more about being safe riders. Do yourself a favor and plan to attend the July Shenandoah Valley Bicycle Club meeting on Tuesday, July 10, 7:30PM at the Harrisonburg National Guard Armory on Willow St. Do a friend a favor, and bring one (or two or . . .) See you there!

***** PRESIDENTIAL PERAMBULATIONS by Ray Miller, SVBC President *****

We are well into the cycling season, and there seems to be no shortage of club rides. If you haven't ridden a Monday evening ride in Timberville, come on up. The rides are geared for C+D riders, and I haven't heard any complaints about the pace. We are accumulating quite a library of maps for rides in the Valley. If you have a few old maps laying around, check with Art Fovargue to see if he has copies of them. It might be interesting to put together a booklet of maps for Valley rides. If you would like to get more involved with the club, contact any officer or club committee chairperson. No one person has the right to run this club. The club will be run by the consensus of the membership, officiated by the officers and the committee chairs, and follow the chapter constitution and bylaws. Every join in and get their two cents worth. Get those miles in!!

***** AGVITHH III - THE TRADITION CONTINUES *****

The "Annual Great Valley Interstate Tour Harrisonburg to Harrisburg" (AGVITHH for short) was a success for the third straight year. The ride is sponsored mainly by the Daily News Record and the Harrisonburg Patriot News, with support from the Harrisonburg Bicycle Club and the SVBC. Details concerning this year's event have been covered in the DNR. Approximately 60 riders participated in the three day ride. Next year's event, AGVITHH IV, will start from Harrisburg and finish in Harrisonburg. Special recognition for their efforts in this year's event goes to Elliot Wilkins, Allen Litten and Margie Shetterly of the Daily News Record. In addition, helmets off to the SVBC's own Norm Gulliksen who did the majority of the planning, routing and arranging for AGVITHH III. THANKS, NORM!!! A great job all of the way around. Stay tuned for details concerning AGVITHH IV!

***** SHENANDOAH VALLEY CENTURY *****

The SVBC is beginning planning for the Shenandoah Valley Century to be held on September 16 of this year. This will be the second year for this event. The purpose for sponsoring such an event is to promote bicycling in the Valley. It also helps to attract some bicyclists from outside the Valley for a peek at the fantastic cycling available in this region. Lastly, it raises a little bit of money for the SVBC treasury to help out with the special things that dues do not cover. The Shenandoah Valley Century is a bicycle event providing a choice of a 25, 50 or 100 mile (century) bike tours of the Valley. Riders are provided with maps, marked routes, sag wagon, food and beautiful scenery. The SVC is well publicized to attempt to attract a variety of persons. Last year's event was a success due largely to the hard work that a number of SVBC members did in organizing and running the event. Although a solid groundwork has been laid, there is still a need for persons to help out with this year's event. Our first organizational meeting will be Thursday, July 19 at 7:30PM at the Phillips' (527 Collicello, Hburg, 433-3419). If you would like to help out, please attend. No experience is required, only enthusiasm!! Ray Miller, and John and Debby Phillips have graciously volunteered to act as co-director's of this year's century. Give them a call if you have any questions. Mark the 16th of Sept as a special date on your calendar.

***** STRAWBERRY PIES FOREVER!! *****

One never knows what one will discover on a SVBC Wednesday Night Ride. You might just find strawberry shortcake and other goodies. Such was the situation several weeks ago on the first SVBC Strawberry Shortcake Ride. The ride was led by Greg McGillivray and the shortcake and goodies were provided by Mary Lu and Dave Lewis. Strawberry pies, strawberries, shortcake, ice cream awaited the drooling handful of cyclists along Mt. Clinton Pike. Suffice it to say that the Newsletter Editor ate his share, and barely made it up that last hill into town. Thanks to Greg M. and the Lewises for the tastiest Wed niter so far!!! You just never know what might await you on a Wed niter. Come on out and give one a taste.

***** SVBC CONGRATS TO: *****

Sue Rippy, SVBC Treasurer and fast time trialer is the Virginia State Veteran Women's Road Race Champion! Sue took first place in her division at the State Championships held in Stafford, VA a few weeks ago. The race was run over a hilly, 28 mile course. Anyone who has seen Sue out at the Tues time trials should not be too surprised by her performance. Way to go, Sue!!!

Sue Lerch and Al Clague who were married about two months ago, and are moving (perhaps have moved) into their new house. Hope the paint is dry, and a quick recovery to Al.

Mur Guardacosta and Mario Dennis who completed a bicycle tour of Northern California, and also got married along the way. Obviously, they didn't leave their hearts in San Francisco.

Aaron Farrington, who celebrated his tenth birthday with his parents on their bicycle trip to Vermont (see article). Way to go Aaron, and welcome to double digits!!

Debby, Beth and John Phillips who are the proud, new owners of a nine year old mellow Labrador Retriever named Calvin. Rumor has it that there will soon be a new Bugger in the Phillips family so that Deb can pull the dog on club rides.

If you have any items to insert in this type of a column, let the newsletter editor know.

***** DR. BIKE IN PRE-OLYMPIC SECLUSION *****

We have been checking the mailbox daily, but no word from Dr. Bike since last month. It is our belief that, with the start of the Olympic games rapidly approaching, Dr. B and his U.S. Urban Cycling team have gone into seclusion to practice. It is just as well, we're a bit cramped for space this month as you can see.

Volunteers Needed



* * * * * THE RACER'S CORNER by Bruce Werner, SVBC Racing Director * * * * *

Attendance at the Tuesday evening time trials has been great!! The times have been great, too! To help out with some of the congestion at the finish, it would help if folks driving cars to the trials parked across route 256 in the small housing development. If you have never time trialed, come on out and give it a whirl. Racers, tourists, stumjumpers, trailer pullers, etc are always welcome. Now, for the latest results:

Time Trials

NAME	6/5	6/19	6/26
Joe Allen	26:02	26:07	26:57
Mes Allen		30:48	28:44
Frank Carver		30:22	
Dave Gary		31:52	
Al Clague	26:45		
Sue Clague	31:37		
David Cope		34:19	
Bimny Cope	44:36		27:46
John Cope	30:53	31:11	24:40
Steve Cope	23:51.5	23:52	
Doug Degan	30:33		
Bill Drumheller	25:30		
Cynthia Farrington			31:44
Dave Frye		28:34	27:12
Ed Gainer		28:40	26:18
Jeff Gainer			28:44
Larry Grossman	25:53		25:59
Dale Hartzler	24:36.5		24:06
Dennis Herr		25:59	25:25
Keith Hershberger			28:00
Adrian Hoffman			28:47
Doug Lane	27:07		25:18
Jeff Landis	26:30		
Dave Lewis			23:10.3*
John Marota	23:46.0	31:12	
Craig Mauck	29:07	23:41	
Mark Missley	29:12		
Larry Nuchols			27:17
John Phillips			27:03
John + Beth Phillips (tandem)		36:56	
Sue Rippy		29:43	
Jaime Smith	26:37		
Dave Stohl			25:47
Les Wetsch	25:36		23:43
John Wenger			27:52
Mike Wenger			27:07
Tim Wolters	29:04	29:05	29:10

*1994 Best Time 23:10.3, Craig Mauck, 6/26/04

433-0777	Racing	Bruce Werner
433-9247	Touring	Art Fovargue
209-7262	Safety	Harjo Dennis
433-3419	Newsletter	John Phillips
434-609	Publicity	Eleanor Price
847-5343		

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

(Editor's Note: The next time you see Bruce and Donna Werner, tell them thanks for running the time trials. They've got blisters on their little stopwatch fingers!!!)

* * * * * VOYAGUEUR by Art Fovargue, SVBC Touring Director * * * * *

The Todd Lake Picnic is coming up on the weekend of July 14 + 15. If anyone is interested in pedalling up about 4 PM on Saturday and camping overnight, contact Deb or John Phillips (433-3419). Otherwise, bring your bikes, foods and coolers to Purcell Park at 10 AM on Sunday. We'll have a van for transporting food, etc, up to Todd Lake and to act as a sag if need be. Bring your swimming outfit, too.

The last full week in July is the 3rd Annual Shenandoah Valley Bike Week/Weekend, sponsored by the Tidewater Bicycling Association, originating from the JMU campus. We plan to join them for some of their rides, at least on July 22. It is a great way to meet cyclists from other parts of Virginia.

In August, there are two patch rides, a half and metric century. Patches from BICYCLE USA (LAW) will be available. Plans for the SVBC's 2nd annual Shenandoah Valley Century ride are beginning to take shape. Ray Miller and John and Debby Phillips are co-directors for this year's event. See the article concerning this event later in the newsletter.

Coming up in October are plans for two centuries to complete the oval of LAW patches. Rumor has it that one of these will include the infamous "No Quiche Ride", perhaps more appropriately billed "The Century for the Insane!" Also look for another overnight tour to Highland Retreat!

Several club members have been upto some touring outside of the Valley area. See the congratulations column and related articles for more details.

Have a safe and fun month of cycling!!

* * * * * OVER THE RIVER AND THROUGH THE WOODS * * * * *

The Farrington Family (Aaron, Cynthia and Mark) are back in town after completing a bicycle tour from Harrisonburg to Vermont. This was their first experience on an extended tour as a family, and it sounded as if it was a great experience. The trip took a bit over three weeks and they averaged about 45 miles per day. Their route (933 miles) was very well planned in advance, taking advantage of ABVITHK maps to get from Hburg to Gettysburg, the East Coast Bike Trail to get into New York, and then other sources to get to their destination in Vermont. They emphasized that it was very important to have a well-planned itinerary when bike travelling with a ten year old. Their overnight accomodations ranged from campgrounds and spots along the side of the road, to bed and breakfast inns and hospitality homes. Aaron, who turned ten on the trip, was admittedly a bit apprehensive before starting the trip. After, the first night on the road near Woodstock, however, he said he thought he was going to make it!! It sounded like a fantastic trip, and the Farrington's would probably be happy to share more of their experiences with fellow club members. The next time you see them on a club ride, ask them about their trip (you might even find out how Mark broke his wrist!!).

* * * * * CULINARY ADVENTURE II - SOME THINGS GET BETTER WITH AGE * * * * *

The quote: "bicyclists love seafood, when they see food they eat it!", sums up the philosophy of the Culinary Adventure. The bicycling is an obligatory gesture on this SVBC ride, the culinary aspect is the real adventure. Here is how it works: meet at the Phillips' (527 Collicello, Hburg, 433-3419) on Saturday, July 21 at 3PM, and bring your favorite dish for the potluck feast. (We will put your contribution in a safe place where John can't get to it) Also bring your bicycle. We will do the obligatory bicycling first, with two routes of 10 or 15-20 miles. For those who do not wish to ride, or for family members who would like to join in the feast, come on over about 5 PM to get down to the real business of the day. Debby, Beth and John Phillips will provide most of your favorite beverages (John guarantees that there will be plenty of his favorite cold beverage. . .) Bring the kids, dogs, cats, friends, relatives, etc., the more the merrier. If by chance the weather should be unfavorable for cycling, not to worry, we'll just eat starting at 5. Questions??? Give John or Deb a call. Don't miss it!! Dr. Bike gave the Culinary Adventure I a five cog rating in his "1983 Guide to Dining on Two Wheels!!" Don't miss it!!

* * * * * STEEPEST HILL UPDATE * * * * *

As of this date, the Newsletter editor has received a whopping zero entries in the "Steepest Hill in the World Contest!!" Obviously, you folks have been doing too much riding back there on the Dry River Road behind Dayton. Send(or phone)in your entry today.

***** FAT TIRE FORUM by Craig Mauck *****

I know there are more of you fat tire riders out there. Get on the saddle for July!! The rides are not especially strenuous or difficult, and are generally more fun than coping with traffic on the highways.

FAT TIPS - Use donuts on the grips if you don't wear gloves. A Lycra (neoprene) pad will help avoid blisters on the inside of gripping fingers.

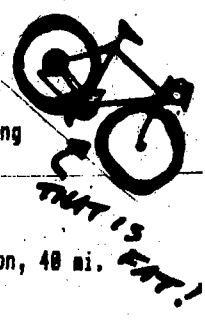
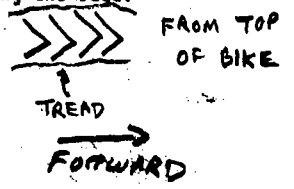
***** On rough descents, get into a larger front chainwheel and middle range gears in the back to help prevent chain slack, and to limit the amount of chain flapping against the stay.

***** Keep water out of your frame by squirting clear latex into frame bridges, brazing vent, holes and other openings.

***** Orient tires with tread pattern facing forward (see diagram) to help keep mud and dirt from clogging the lugs.

***** SUGGESTIONS FOR FAT TIRE RIDING *****

1. When riding away from town, a spare tube or patch kit is a good idea.
2. A pump helps to vary tire pressure for changing conditions. It also makes flats less of a crisis.
3. Helmets and gloves make unexpected changes in altitude easier on the riders integrity.
4. Enclosed foot gear is best, leave the sandals and flipflops for the beach.
5. Handlebar ends should be covered.
6. A water bottle or so is a big help in forestalling dehydration, and prevents taking a chance with bad water.
7. In rough terrain, riding alone is not a good idea. Tell someone where you will be going.
8. Stay on the trail. Summer can mean snakes, poison ivy and other nasty things.
9. Use a cuff guard or similar device to keep your long pants out of the chain.
10. After falling over to the right, check your derailleur alignment. This is the most common cause of shifter meeting spokes!! OUCH!!!



FAT TIRE RIDES

JULY

8, SUN, ride to New Market on back roads, up to the gap on 211, and fine dirt roads all the way back to near Mt. Jackson, 40 mi. Westover, 10 AM.

12, THUR, a field and dirt tour of Keezletown. Nothing steep, 10 mi, Westover, 5:30PM

15, SUN, over Hopkins Gap to Long Run Rd along the top of Shenandoah Mtn. Bring lotsa water and food for a break. 35 mi. Westover, 10 AM

21,22 Trials and cross country races in Davis, WV. See Craig for details. Come ride or watch or both.

26, THUR Along the access road along I-81 south to a nice dirt road thru the woods. Look for buffalo. Only one hill. Westover, 5:30PM.

29, SUN, cruise to Grottoes to do the Brown's Gap Tail to the top of the Skyline Drive. Beautiful scenery. return on byways of Port Republic and Montevideo. 35 mi, 10AM, Westover.

AUGUST
2, THUR, ride to Keezletown to climb up the shady side of Massanutten, maybe to the Warner Cable TV Tower, 20 mi. 5:30PM, Westover.

5, SUN, wandering on dirt roads to Broadway on the west side of 42. Places you've never suspected were there, lots of ripe berries, slow and easy. 10AM, Westover.

9, THUR, out 42 to a dirt road that ends up on 910. Nothing tuff., 10 mi. 5:30 PM, Westover.

18,19 - BIG MONEY RACES in Massachussetts. Uphill, downhill, cross country and trials, details in Aug newsletter.

The 20K Canaan Mountain Off-Road Bicycle Race will take place on Sun, July 22 in Davis, WV. The course will include hiking and cross-country skiing trails, railroad grades and forest access roads, A total elevation change of 1600 ft can be expected. Be prepared for any and all weather conditions. Helmets are required. The race is the second of a three part series concluding with a 40K race in Sept. The race is sanctioned by the National Off-Road Bicycle Association (NORBA-see below). More information can be picked up at local bike shops.

Established in Jan., 1983, the National Off-Road Bicycle Association, as its major goal, promotes the sport of off-road cycling, including competition, touring and recreational riding. A main concern is the continued access and enjoyment of public lands by all outdoor enthusiasts. NORBA is aware of the environmental aspects of off-road cycling, and encourages responsible use of public resources by bicyclists. Minimum standards for support to be provided by guides on sanctioned tours have been adopted, and rules and guidelines for competitions have been established. A 12 month membership is available for \$18 and includes many assets for the off-road rider. For more info, write to NORBA, 2175 Holly Lane, Solvang, CA 93463.

TRAIL ETIQUETTE

While riding on public lands, remember that others are using the area for recreation too, and that bicycles are still an unexpected occurrence on the trail. So...

YIELD - always yield to the passage of hikers and folks on horseback, even if at times it seems inconvenient.

PASSING - when overtaking others let them know of your presence well in advance of passing, this is particularly important with horses.

EROSION - one instance where the bike makes a contribution to trail erosion is on wet areas. This can be avoided by carrying or walking the bike. This will prevent lasting deep wheel ruts.

SPEED - safe speeds are relative to terrain and your own capability as a rider. Switchbacks should be approached with the anticipation of other park users.

STAY ON TRAILS - try to minimize your impact, never ride off of established trails.

LITTER - pack out what you pack in.

REMEMBER that biking on public lands is in its infancy, and that courtesy will insure its lasting acceptance.

***** 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, Rigid rims (700c), Trek tires. 433-6618 (days), 867-9409 (eve)

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)

FOR SALE: MOTOCECANE, 19.5" frame, 22.5" tires, \$200; VELOSALRX, 22.5", \$100 833-5516

FOR SALE: SHOGUN MOUNTAIN BIKE; 21", HARDLY RIDDEN, \$300 1-886-1386 (CHURCHVILLE)

FOR SALE: 25" Frame, Japanese, chromoly tubing, stripped, somewhat primed. Also old worn out bottom bracket. Sell or trade for Santana tandem (23/21) (433-3419) (OLD PEDALS AND WORN-OUT CHAMPOIS THROWN AWAY)

For Sale

JULY

- 7, SAT "Independence Day Breakfast Ride", 7:30AM, Waterman. 20-25 mi. in and about Hburg. Breakfast at Old Va. Ham Cafe at mid-ride. LAW Patch available. C class. Leader: Phillips, (433-3419).
- 7, SAT "Watermelon Ride", 1PM at Werner's (Crawford Ave, near Purcell Park). 20-25 mi., A-C class. Ice cold melon after the ride (goodness, it's tasty!!) Leader: Bruce Werner (433-8977)
- 9, MON, "Mon. Niter," 6PM, Plains Elem., T'ville, 15 mi., C/D class. Leader: Rodney Yankey (896-2648)
- 10, TUES, "SVBC July Meeting," 7:30PM, Hburg Natl Guard Armory.
- 11, WED, "Paint Break Ride," 6PM, Keister. Up and over Massanutten from the K'town side. 25-30 mi, B class. Leader: John Phillips(433-3419)
- 14, SAT, "Todd Lake Overnite Trip," contact the Phillips for details (433-3419)
- 15, SUN, "Todd Lake Picnic," 10 AM, Purcell Park. See details elsewhere. Leader: Art Fovargue (433-9247)
- 16, MON, "Mon. Niter," 6PM, Plains Elem., T'ville. 20 mi, C class. Leader: Rodney Yankey (896-2648)
- 17, TUES, Time Trial, 6:30PM, Dry River Rd west of Dayton. Leader: Jeff Landis (thanks for subbing for Bruce!!)
- 18, WED, "Wed. Niter," 6PM, Keister, 15-20 mi, B/C class. Leader: Mario and Mur Dennis(434-3521)
- 21, SAT, "Culinary Adventure II," 3PM, Phillips (see details elsewhere). Some minimal riding, mostly eating!!!
- 22, SUN, "Tentative Get Together with Shenandoah Valley Bike Week Folk", contact J. Phillips for more specifics (433-3419)
- 23, MON, "Mon. Niter," Plains Elem., T'ville, leader: TBA
- 24, TUES, "Time Trial," 6:30PM, Dry River Road west of Dayton. Leader: Bruce Werner(433-8977)
- 25, WED, "25 on the 25th," 6PM, Keister, an intriguing ride of 25 miles, leisurely more D than C. Leader: The Phillips(433-3419)
- 28, SAT, "Breakfast Ride," 7AM, Purcell Park, bike to Heritage for breakfast, followed by 10-15 miles of C/B pace to work it off. Leader: Art "cakes" Fovargue(433-9247).
- 29, SUN, "A Ride into the Unknown," Unknown time, place, class, destination?? Leader is known: Ray Ritchie, contact him for details on this mystery ride (896-2913)
- 30, MON, "Mon. Niter," 6PM, Plains Elem. T'ville.
- 31, TUES, "Time Trial," 6:30PM, Dry River Rd. Leader: Bruce Werner(433-8977)

Ride Calendar

AUGUST

- 1, WED, "Advent of the Dog Days", 6PM, Keister, 15-20 mi out Keezletown way. C class. Leaders: Bruce and Donna Werner (433-8977)
- 5, SUN, "Pineville/Zenda Half Century," 9AM, Purcell Park. 50 mi, ride at your own pace, no sag. Finish with homemade ice cream at Fovargue's (first to finish get to crank!!) LAW patches avail. Leader: Art Fovargue(433-9247)
- 6, MON, "Mon. Niter," 6PM, Plains Elem., T'ville.
- 7, TUES, "Time Trial," 6:30PM, Dry River Rd, Leader: Bruce Werner(433-8977)
- 8, WED, "The UnTime Trial," 6PM, Keister, ride the time trial course (but stopwatches not allowed), 24 mi, C class. Leaders: Jeff and Pat Landis(434-6354)
- 14, TUES, "SVBC August Meeting," 7:30 PM, Hburg Natl Guard Armory
- 19, SUN, "Narrow Passage/Fort Valley/Mountain Metric," 10 AM, First Va, Bank in Mt. Jackson, 100.6 km (62.9 mi). LAW Patches avail. Deatils in Aug newsletter. Leaders: L.B. Branner(896-2386) + Ed Funkhouser

RIDE CODE:

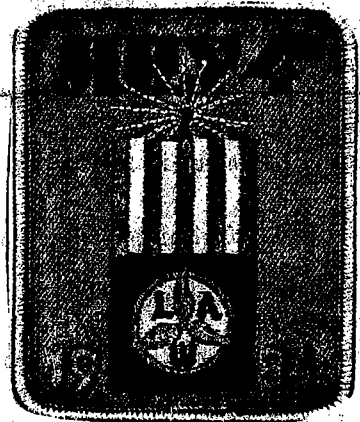
- Class A** For strong, experienced riders, 25 to 100 miles at 14 to 22 mph average. Few, if any, stops. Expect difficult terrain.
 - Class B** Consistent pace, 15 to 60 miles at 12 to 16 mph average. Some hills likely. For the competent cyclist. Some stops.
 - Class C** For average riders - ride 10 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 scheme is perfect. If you ever have a question about a ride, feel free to contact the ride leader.

***** NEW CONTEST: DIRTIEST HELMET IN THE CLUB *****

Given the enthusiasm with which the steepest hill contest has been received, the SVBC is proud (this is probably the wrong term) to announce the "Dirtiest Helmet in the SVBC Contest!!" The winner must come up with a helmet that is more filthy and disgusting than that of the newsletter editor. The winner will receive a .50 gallon drum of industrial strength cleaner and a year's supply of Lysol. Enter today!!

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

Join Now



JULY '84

SVBC MEETING:
July 10
7:30 PM

"SAFETY"



Back Alley Bikes contributes to the cost of the SVBC newsletter.

**Patch Rides
 Special Events**