

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

August

- 12, SUN, "RIDE," 1:00 PM, Purcell Park. 40 miles, class B/C. Leader: Norm Bulliksen (434-2692)
- 13, MON, "Mon. Niter," 6PM, Plains Elementary, T'ville. 15 miles, class D. Leader: Kathy Baker
- 14, TUES, SVBC August Meeting, "Ride, Pigout, Rap", see details in this newsletter.
- 15, WED, "Wed. Niter," 5:30PM (note time change), Keister Elem. 15 mi, class C. Leader: Eleanor Price (434-6491)
- 15, Shenandoah Valley Century committee meeting, after the Wed nite ride, 7:30PM, Farrington's. See details in newsletter.
- 19, SUN, "Narrow Passage/Fort Valley/Mountain Metric," 10AM, First Va. Bank in Mt. Jackson. 100 km, 63 mi. Class B/C. See details elsewhere in this newsletter. Leaders: L.B. Branner(896-2386) + Ed Funkhouser.
- 20, MON, "Mon. Niter," 5:30PM, plains Elem., T'ville, 20 mi, class C. Leader: Matt Fahreny.
- 21, TUES, "Time Trial," 6:30PM, Dry River Road west of Dayton, 10 mi course, class A-E. Contact Bruce Werner for details (433-8977)
- 22, WED, "Pizza Ride," 5:30 PM, Keister Elem., 15 mi, Class C. Pizza at Greg's after the ride. Leader: Greg McGillivray(434-4811)
- 25, SAT, Pace Line Ride for Novices, learn how to eschelon, etc. (2 stops, maximum, steady pace) Class A,B,C. 9Am, Purcell Park. Leader: Bruce Werner (433-8977)
- 26, SUN, "Sanctioned Quarter Century Ride - Take II," 10AM, Keister Elem. 25 mi, BICYCLE USA patches available. Leader: Mario Dennis(434-3521)
- 27, MON, "Mon. Niter," 5:30PM, Plains Elem., T'ville. 15 mi, class C/D. Leader: Norvell Trumbo
- 28, TUES, "Time Trial," 6:30PM, Dry River rd. see details above.
- 29, WED, "School Starts or Where Has the Summer Gone Ride," 5:30PM, Keister Elem. 15-20 mi, class C/D. Leader: Phillips' (433-3419)

Patch Rides

- SEPTEMBER
- 1,2 SAT, SUN, "Labor Day Overnight," leave at 2PM on Sat. from Waterman Elem., overnight tour, with camping and swimming at the Begoon's in Sangerville. 15-20 mi each way. See Voyageur for more details. Leader: Mary Lu Lewis(867-5363)
 - 3, MON, "Mon. Niter," 5:30PM, Plains Elem., T'ville. 18 mi, Class C, includes a mountain climb. Leader: Ray Ritchie(896-2913)
 - 4, TUES, "Time Trial," 6:30PM, see above for details.
 - 5, WED, "Wed. Niter," 6:30 PM, Keister Elem. 15-20 mi, class B/C. Leaders: Mario and Mur Dennis(434-3521)
 - 9, SUN, "Shenandoah Valley Century Workers Ride," 7:30 AM, H'burg Nat'l Guard Armory, Willow Ave, we will be marking and checking routes, etc. Open to any who wishes to ride, especially those who are working the following week on the Shenandoah Valley Century. 25, 50, 100 mile routes, ride at your own pace. Leader: Phillips'(433-3419)
 - 10, "Mon. Niter," 5:30PM, Plains Elem.
 - 11, TUES, "SVBC September Meeting," 7:30PM, Hburg Nat'l Guard Armory on Willow St.
 - 12, WED, "Wed. Niter," 5:30PM, Keister
 - 15, SAT, "Handicap Time Trial," 9:30AM, Time trial course on Dry River Rd. Compete based upon your previous times. Compete with the fastest and win. Prizes awarded, entry fee required. For details: Bruce Werner (433-8977)
 - 16, SUN, "The Second Annual Shenandoah Valley Century," scenic rides of 25, 50 and 100 miles. Sag, food drink, camaraderie. See info in this newsletter and flyers at shops. Pick up entry forms and preregister and save a buck. Support the SVBC and help to promote cycling in the Valley. For info contact: Ray Miller(896-1576) or John Phillips(433-3419)

Ride Calendar

*****SVBC RIDE CODE*****

- Class A - for strong, experienced riders, 25 to 100 miles at 14 to 22 mph. Few if any stops, expect difficult terrain.
 - Class B - consistent pace, 15 to 60 miles at 12 to 16 mph. Some hills likely. For the competent cyclist. Some stops.
 - Class C - for average riders, 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, 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, contact the ride leader.

*****25 MILLION CYCLISTS IN THE USA*****

Some 25 million adult cyclists were pedaling in the US, at least at some time during 1983, and their numbers are expected to increase an average of 15% in 1984, according to a report from the Bicycle Federation of Washington, DC. The breakdown of cyclists is as follows: (1) 25 million ride more than once a year; (2) 10 million ride an average of once a week; (3) 500,000 participate in overnite tours; (4) 100000 participate in tours of a week or more; (5) 1.5 million are bicycle commuters; (6) 40000 are bicycle racers; (7) 200000 are mountin bikers. The stats were gathered by consulting with folks connected with major US cycling organizations. (Source: BICYCLE USA, Aug, 1984)

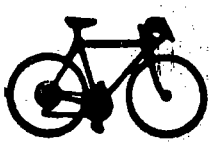
SHENANDOAH VALLEY BICYCLE CLUB
 527 Collicello St.,
 Harrisonburg, VA 22801

Join Now

SVBC MEETING:

AUGUST 14
 "RIDE, PIGOUT AND RAP"
 details inside!!!!

8/84



AAA REARVIEW BICYCLE REPAIR, BACK ALLEY BIKES AND MARK'S BIKE SHOP
 GENEROUSLY CONTRIBUTE TO THE COST OF THE SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER.



Special Events

August

19, Lancaster, PA. "Covered Bridge Metric Century, 7:30AM, 25,50,100 km rides, contact Gary Musser, 717-656-7941
 25, Charleston, WV. "Sternwheel Regatta Century," 25, 60, 100 mi rides, contact Mt. State Wheelers 304-344-0430

SEPTEMBER

3, Hanover, PA. "Penn-Maryland Century," 25, 50, 100 mi. contact Hanover Cyclers 814-637-7516
 8,9 Front Royal, VA. "Skyline Drive Twin Century," 111 mile per day. contact Baltimore Bicycle Club 301-828-9255
 15,16 "Tour of Virginia's Eastern Shore," 35,62,80, 100 mi rides contact Tidewater Bicycle Ass'n, 804-428-5622
 23, Accokeek, MD, "PPTC Century," 25,50,62,100,125 miles. Potomac Peddlers Bicycle club, 301-249-7915
 23, Boiling Springs, PA, "Bubbling Century," 100 mi, Harrisburg Bicycle Club, 717-921-2019
 23, Lynchburg, VA, "7th Annual Kaleidoscope National Century," 25,50,100 mi, Lynchburg Wheelmen, contact Art Fovargue for info (433-9247)

***** NORM'S CROSS COUNTRY SHOW - FOR MATURE AUDIENCES*****

Given that ABVITHH III is history, Norm Gulliksen is busy organizing yet another bicycle extravaganza. Anyone who has ever talked to Norm about biking knows that he has two biking dreams: one is to do a cross America bike tour, and the other is to tour Europe by bike. Norm has developed a scheme to achieve the first dream. He is organizing a cross country bicycle tour specifically for older folks. Anyone who has ever ridden with Norm realizes that age does not inhibit bicycling. The plan is to get together a group of senior cyclists who share Norm's dream. The group will chip in for a van to serve as a sag, food, equipment, etc. Each day of the tour, a different member of the group will drive sag. This sounds like a great way to do it. Norm is in the process of advertising in several retirement journals, as well as bicycling magazines to solicit other cyclists to join the adventure. If you are interested, or know of someone who might be, give Norm (434-2692) a call for more details.

***** STEEPEST HILL IN THE WORLD ENTRIES*****

Two months ago, in the June Newsletter, the steepest hill in the world contest was born. Given the fact that there were a whopping zero entries in July, the Newsletter editor was worried that either: (1) the Valley and surrounding area had suddenly taken on the topography of Kansas, or (2) that y'all were not riding. My fears, however, were allayed by these submissions. So here they are, read'em and weep. We'll keep the contest going for a few more issues.

From Art Fovargue:

First: Climbing Massanutten Mtn (not a mtn range according to AF, the judge's decision is still out on this one!) from the back (Keezletown) side. From the switchback to the top of the ridge is almost a mile with one .25 mile stretch averaging a 15% grade! For length, true steepness and the ability to make young knees old this hill has what it takes!

Second: For in town fun, climb from College to Hillcrest on Dogwood Drive over in Park View by ENC. It's nearby, short, good view and 15% grade!

Third: Rt 878 after you immediately turn off of rt613, as was on the quarter century ride back in May. About 2.5 miles south of Cootes Store. Maybe it was the 150 degree right turn as you started going up (so you carried no momentum), or maybe it was the bugger I was pulling with Beth Phillips, or maybe it was the 14.3% grade for 700 feet with one section at 15.4%. I don't want to go back and find out!

Fourth: "The Steepest Hill in the World" (ala Dave Lewis, albeit obviously wrong) on rt 910 just north of Green Mount Church. The average grade of 13.3% over 600 feet would not challenge a one-speed high wheeler - but I will admit to one short section (20 ft) of 21.1% grade.

Foreign Entry: The rules didn't say anything about location, so in that case everyone knows that the steepest hill in the world is Burke Mtn. in Vermont. I'll give details some other time.

From Dave Lewis:

My candidate for the steepest hill in the world is, of course, the hill named "The Steepest Hill in the World" by yours truly. It is located just north of Green Mount Church on rt 910. This hill is definitely a 27 gear inch hill. It has caused tandems riders to fall over, bugger pullers to collapse and one female Cannondale rider to jam her gears and break her cleats!! Some riders have suggested changing the name of the hill to Mt. Green, Two Banana Hill, Helluvahill, or Heathen's Repent, but I think the original "The Steepest Hill in the World" will endure.

From John Phillips:

First: Rt 765 north of Hburg just off rt 753 heading east towards rt 11. This climb is not all that steep, but it is long and deceptive. You feel that you've reached the top and ready for a nice descent when more climbing reveals itself. It also winds around a bit which definitely adds to the excitement. This one is probably more psychologically steep than physically steep. Give it a spin!

Second: For the steepest hill at the end of a long ride, try the climb back into town on Mt. Clinton Pike, starting just after rt 910. Oh dear . . . weary legs creak up this one, and there is never a low enough gear. The last section is the killer. Oh, if this hill had ears it would blush!!

Third: All of the hills on Dave Lewis' quarter century ride. If you rode this one, no further description is required.

Toughest: The one up the steps to take a shower after a long, hot ride. This climb is especially complicated by a long rest at the bottom and/or the consumption of various cold beverages made from fermented grains. More physical (much more) than psychological. Does not apply, of course, to persons living in one story homes!!

***** A FAST TIP FROM DR. BIKE*****

Dr. Bike dropped us a quick post card from L.A. where he is serving as coach of the U.S. Olympic Urban Cycling Team. He notes that things are going well, and that the team is very competitive. He says that he had dinner the other night with Howard Cosell and Mark Spitz. (ed. note: I've been checking the TV schedule, but can't seem to find any reference to the urban cycling competition. If anyone has seen this on ABC, please let the editor know). Dr. Bike says that he hopes everyone back in the SVBC is enjoying the Olympics, and particularly the performance of the U.S. Cycling team. At the bottom of the card, Dr. Bike scribbled a clothing tip to Valley cyclists. It seems that Dr. Bike has heard that Soviet cyclists make their biking shorts last longer by often wearing them inside out. Saves wear and tear on the chamois, according to Dr. B. Try this one on the next Wed night ride.

***** TOSRV STORIES*****

TOSRV (Tour of the Scioto River Valley) is a 4300 rider, two day event from Columbus to Portsmouth, OH and return sponsored each May by the Columbus Council of American Youth Hostels. The tour is in its 24th year. Greg Siple, one of the original TOSRVs, is preparing a book on the history of the event. One of the best anecdotes of the event has to come from this year's event. A fellow on the event mentioned that he had taken a bad tumble coming out of Portsmouth. He began to panic when he realized he was sliding about on his entrails, and figured he was pretty badly hurt! Imagine his relief when he discovered that he was actually sliding on the remains of a possum that had come to grief earlier in the day! Plan to attend next year's TOSRV!!!

***** TANDEM FOUNDATION*****

In his perusal of the extensive bicycling literature, the Newsletter editor happened upon a little known foundation, which was developed several years ago to help support newsletter editors of small to medium sized bicycle clubs. The purpose of the foundation is to solicit funds to purchase tandem bicycles for the dedicated newsletter scribe. The goal of the tandem is to help to maintain the creative energies of the editor, so that the quality of the club newsletter does not suffer. Sounds like an excellent place to invest a lot of money. Your contribution is tax deductible, too. Make your check payable to the Tandem Foundation and send it today!!

Plans for the second annual Shenandoah Valley Century have commenced. I invite all club members to help make this year's ride as successful and memorable as last year's ride. If you wish to volunteer, contact the Phillips' or myself, and we'll be happy to utilize your talents. The Prez is out with a torn ligament in his lower back. The healing could have started sooner if he had not tried to ignore the pain! MORAL: Don't ignore the pain! It's your body telling you that something isn't right.

* * * * * *AUGUST MEETING - RIDING AND EATING AND TALKING* * * * *

The next meeting of the Shenandoah Valley Bicycle Club will be on Tuesday, August 14. The format for this meeting will be a bit different this month. The meeting, billed as "Ride, Pigout and Rap," will start at 5:30 with a short (10 mi) bicycle ride leaving from shelter #1 at Westover Park. At 6:30, we will commence with the pigout portion of the meeting, which will consist of a potluck dinner. Bring your own utensils and a dish to share. After we have sufficiently filled our bellies, around 7:30 or so, there will be a short "rap" session to talk about some club business. Join your fellow SVBC members for all or part of these activities at the next meeting. Janice Miller informs us that someone will be on guard at shelter #1 to keep disabled Ray from eating all of the food while everyone is off on the ride. Thanks to Janice for arranging this unique meeting! Bring your bike, your food, your appetite and some ideas.

* * * * * *JULY MEETING - SAFE CYCLING* * * * *

If you missed the July SVBC meeting, you missed an informative and eye opening presentation on bicycle safety. Safety Committee chairman Mario Dennis started the discussion by citing some frightening statistics concerning bicycling accidents. The gist of the stats was that safety conscious and aware cyclists (such as members of bicycle clubs and organizations) have drastically fewer accidents than the uninformed. The second part of the meeting was dedicated to a discussion of safe biking practices and exhibition of bicycle safety equipment such as helmets, lights and reflectors. Ray Ritchie and Eleanor Price provided alot of insight into different pieces of equipment. Eleanor emptied her handlebar bag to reveal a myriad of equipment. Rumor has it that Eleanor will soon be starting a mail order equipment business out of that bag. This was a good meeting, one we should probably make a yearly event to encourage safe riding. Thanks to the Safety committee for their work.

* * * * * *RAILROAD CROSSING PROGRESS?!* * * * *

On the topic of safety, the problem of treacherous railroad crossings in the Harrisonburg area appears to be receiving some attention. A recent newspaper report of a City Council meeting held two weeks ago indicated that the city is considering a new material for making the crossings safer. Essentially, the material fills in the gap made by the rail, but can be compressed when a train passes over it. There would appear to be some concerns about cost. The crossing on Country Club Rd. appears to be designated for initial work. It is encouraging to see that the City is considering this action. Keep your eyes and ears open for further action. It might be helpful to make our concerns known to our council representatives.

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

The first meeting of the Shenandoah Valley Century was held a few weeks ago. There are lots of small jobs to be done in preparation for this annual event on September 16. The next meeting of the Century Committee will be Wed., August 15 at the Farrington's home. To get to the Farrington's, go north on Route 42 out of Harrisonburg to the Sunny Shell station on the right; immediately after the station, make a right turn onto Hamlet. Proceed on Hamlet to the left bend in the road. The Farrington's house is the yellow one. If you need more info, give the Farrington's a call. This meeting will be very important in terms of getting details settled and plans finalized. It is only a month away. Volunteer to help out. It is alot of fun and really helps the club. Contact Ray Miller or the Phillips' if you're interested in helping, but can not attend the meeting.

* * * * * *WHY A CENTURY??* * * * *

The SVBC is getting ready to sponsor the second annual Shenandoah Valley Century, to be held on Sunday, Sept. 16. Since some of you may be unfamiliar with these types of events, here are a few details. The SVC is run in September during Bicycle USA's (a national biking organization formerly known as the League of American Wheelmen, to which the SVBC is affiliated) National Century month. Bicycle clubs all over the country, similar to the SVBC will be sponsoring similar events. Most of these events are "extra special" rides at which participation is sought from both club and non-club members. Most offer a variety of rides. The term century is derived from the fact that the longest ride is generally 100 miles (a century of miles) long. Half (50 mi) and quarter (25 mi) rides are often offered. In our case, the SVC will provide participants with a choice of a 25, 50 or 100 mile ride through some of the most scenic areas in the Valley. Arrows will be painted on the roads to mark the routes for the riders. In addition, sag wagons will patrol the route to assist with mechanical problems and provide water. A stop along the route will have food and drink for all participants. At the end of the rides, cyclists will be treated to a variety of delectable goodies donated by club members. An entry fee of \$5 (\$4 before 9/12) for individuals and \$12 for families of three or more is collected to cover the costs and hopefully provide the club treasury with a small boost. The overall goal is to promote bicycling in the Shenandoah Valley. Registration forms will be in the Sept. newsletter, or can be picked up at the local bicycle shops. Mark Sept. 16 on your calendar.

* * * * * *VOYAGEUR by Art Fovargue, SVBC Touring Czar* * * * *

I hope everyone is in the full swing of cycling. If you don't feel that you are, there are a number of rides to choose from. Check the ride calendar for the events to your liking.

Although our National century is in September, August could be considered century month as the SVBC has 3 century events scheduled. On August 5, there was a half (50 mile) century followed by the consumption of homemade ice cream, on August 19 a metric (100 kilometers, 63 mi) century is scheduled (see related article), and August 26, a quarter (25 mi) century will be held. This last one will give you folks who missed Dave Lewis' "Enough Hills for a Century Quarter Century" back in June a chance to earn that portion of the BICYCLE USA patch. Ride leader Mario Dennis promises (?) a more flat terrain.

For anyone who would like to try a short overnight tour, try the Labor Day weekend overnight to Begoon's famous campground. Hosts Waltine and V.K. have offered use of their pool, refrigerator, bath and soft, sleep inducing tent space. The cycling distance is short and terrain mostly flat (ie, rolling anywhere else). for more details, call ride leader Mary Lu Lewis.

Lastly, let me put in a plug for our volunteer ride leaders. Next time you are on a ride, try to make it a point to thank the ride leader, as they have taken extra time and effort to put the ride together. Another way of showing your appreciation is for you to lead a ride - giving our rides diversity, which in turn makes them more interesting. I'd be glad to give you more information on leading rides. Corner me at the next meeting or give me a call.

Keep your legs spinning and your tires inflated. (and vice versa!?)

* * * * * *THE SVBC GOES METRIC ON AUG 19* * * * *

A metric century ride will depart from the parking lot of the First Virginia Bank on Main St. in Mt. Jackson at 10AM on Sunday, Aug. 19. Mt. Jackson is located on route 11, approx. 25 miles north of Hburg. The ride is 100.6 km (62.9 mi). A map will be provided.

This scenic route crosses the western ridge of Massanutten Mtn east of Edinburg, then passes through the Powell's Fort valley area in Shenandoah County, by the picturesque Elizabeth Furnace Recreation Area, past a state fish hatchery and through a corner of Warren County before heading into Strasburg. The route returns the riders to Mt. Jackson via rt. 11.

The route features flat to rolling terrain, except for the 2.5 mile ascent and steep descent on the mountain east of Edinburg. The ride classification is B/C. There are a number of stores along the way to get food and drink. The ride leaders are L.B. Branner (896-2386) and Ed Funkhouser.

ed. note: Thanks to Ed Funkhouser, our Tar Heel connection, for submitting this description of what sounds like a great ride. Hey Ed, I'm sorry I forgot to include your description of the "Down in the Valley" ride in last month's letter. OOPS, I goofed!!

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

Check the ride calendar for special events. The time trials continue to be extremely popular. The latest results are below:

NAME	7/2	7/17	7/24	7/31	NAME	7/2	7/17	7/24	7/31
					Jeff Landis			26:04	25:06
					Dave Lewis				25:02
Joe Allen	24:21				Mary Lu Lewis				31:54
Joelle Austin	31:39				Bill Mahone			32:00	26:03
Brian Beaucleur				30:13	Eric Martin			26:10	23:19
Al Clague		25:47		25:59	Craig Mauck	23:00	23:09	23:54	28:13
Sue Clague		31:41		30:28	Greg McGillivray	27:34			31:13
Ginny Cope				33:25	Paul Padilla		31:43		28:49
John Cope			28:57	32:25	Steve Parsons			29:15	27:07
Steve Cope	22:33	22:52	26:49	23:03	Robert Patzig	27:34		26:34	
Doug Degan		28:49			John Phillips				
Jim Dillenbeck			25:18		J. + Beth Phillips		33:03		
Mike Dombroski			29:10		Sue Rippy	27:27	28:10	28:18	
Bill Drumheller	24:11	23:48	23:46	23:40	Dan Roderick	29:35			
Aaron Farrington			34:18		Curtis See			27:10	27:47
Cynthia Farrington			32:18		Tom Short			28:21	
Mark Farrington			29:28		Jamie Smith	24:47	24:50		24:40
Cliff Fortney	29:41				Tom Spangler		29:18		
Dave Frye		27:38			Dave Stahl		26:07	25:54	
Ed Gainer		26:03			Pat Veltman	25:10	24:51	25:49	
Jeff Gainer		28:13	27:17		Les Welsch	25:10	25:13	25:49	
Mike Garst				24:22	John Wenger	26:34			
Larry Grossman		28:20	28:04		Mike Wenger			27:47	27:12
Dale Hartzler	25:27				Bruce Werner	26:28			
Dennis Herr	23:43			24:13	L. Whiteself		26:47		
Keith Hershberger	25:07	25:14	25:49		Tim Wolters			27:10	28:39
Tim Hutt		26:41			Darrel Zook				26:39

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

The second event in the Canaan Mt. Series was held on July 22. Several SVBC members and other local folk participated in the 20K cross-country race over in Davis, WV. Results for some riders are given below. Craig Mauck took first place in the men's division and Sue Rippy took first in the women's. The second place rider for the women was Annie Sirotniak, who had just returned from participating in the Olympic cycling trials!! The course was a one lap affair with 5 major river crossings, a half mile of bog, and a treacherous downhill that was used in a recent Blackwater motorcycle race. Pieces of motorcycle, helmet and fenders were among the sobering debris to be found on that particular section of the course. Mark Nissley suffered an "over the bars" experience when a broken spoke pulled his odometer into his front wheel. (An excellent place for a fat tip: leave any gadgets at home that could foul your wheel.) Despite the stunning impact, Mark rose to finish the race in 16th place, ahead of seven other participants and the ambulance. Some results: WOMEN: 1. Sue Rippy, 1.52:32 (one hour, 52 minutes, 32 seconds); 2. Annie Sirotniak, 2.07:12. MEN: 1. Craig Mauck, 1.23:23; 2. Steve Cope, 1.23:25; 3. John Hargadon, 1.25:24; 4. John O'Toole, 1.30:47; 8. Les Welsch, 1.42:15; 16. Mark Nissley, 1.57:03.

Check a future BICYCLING magazine for coverage and pictures of this mountain bike event. The last event in the Canaan series is a 40K race to be held on September 23. Check the local shops for more details.

*****Other events: The New England Fat Tire Two Day Stage Race will take place on Aug 18, 19 at Wendell State Forest near Amherst, Massachusetts. The four events contested will be: an uphill time trial, a downhill time trial, a mass start off road-race and observed trials. \$3000 in cash prizes will be awarded in the Expert Open Class based on total overall points. \$100 will go to individual winners in each of the four events. Merchandise prizes will be awarded in the Novice, Women and Veteran categories. The race is sanctioned by NORBA. More info may be obtained by calling, toll free, 1-800-221-6764 (John Kirkpatrick).

*****More Fat Tips: On very steep climbs and rough downhills, it helps to slide the feet forward on the pedals to put the arch over the pedal axis. This helps in the first case to put more weight forward to keep the front wheel on the ground, and in the latter case, it helps to prevent slipping a pedal.

*****When adjusting the front brake, it is best to have maximum braking just as the lever approaches the handlebar, as tight brakes require opening the hand to put on the brakes, and increases the chance of losing your grip on rough terrain.

*****To practice log hops, put up milk cartons or similar collapsible objects on a parking lot, and learn bunny hops the easy way.

*****Anticipate the "bog" effect on stream crossings by downshifting before entering the water.

*****Finally, so sorry to Bill Mahone who showed up for a ride while I happened to be out at Rawley Springs looking for my wallet, which I lost the evening before on an unscheduled ride.

For August, we will let word of mouth be the style for fat tire rides - check with the shops for info. If you find a good trail, share the word!!

HAPPY TRAILS!!!

* * * * *VIRGINIA LOOPERS SOUGHT* * * * *

Several club members have expressed at least some interest in getting together a SVBC ride around the Virginia Loop bike route. The Virginia Loop is a bike route mapped by Bikecentennial as part of its nationwide network of tours. The Loop is approximately 450 miles in length, and "loops" around Virginia from Washington, along the C+D Canal, into the Valley, over to Charlottesville and Richmond and back to Washington. If you might be interested in participating in such a tour, give Norm Bulliksen a call (434-2692).

* * * * *ANOTHER INNOVATION FROM RUNT RENTALS* * * * *

Well, we have not heard from Runt Rentals in awhile, but rumor has it that the RR staff have been on an extensive western research trip. The RR research team of Dave and Mary Lu Lewis recently unveiled another breakthrough in bicycle technology: "The Ultimate Banana Carrier." (UBC) Runt Rentals has combined "high tech" with a thorough understanding of the needs of the serious cyclist to develop yet another new product. The UBC is constructed of an amazing material that the Lewises discovered in the laundry basket; wool. The UBC is a tubular piece of wool with one end sewn closed with thread. The banana is gently slid into this container, and is protected from the harsh conditions of a jersey pocket, handlebar bag or seat bag. After extensive testing, Runt Rentals is ready to market their product. At this time, only a Ragg wool model is available, but Dave says that depending on demand, Runt Rentals is prepared to come out with an argyle model, also. For 1985, the RR research staff is looking into the possibility of a polypropylene model. Stay tuned for the latest from those innovative folks at Runt Rentals!