

***** SHENANDOAH VALLEY CENTURY - ANOTHER SUCCESS *****

The second annual Shenandoah Valley Century was a great event. The day of the ride was about the nicest riding day one could imagine. . . cool, crisp and clear. What a relief, given the potential hurricanes earlier in the week. About seventy riders participated, with a pretty even division between the full, half and quarter century. Our most distant participants were from Hampton, VA. The "guts and sore butts" award goes to the Lantz family from Elkton, who completed the century on bikes that most of us would be afraid to look at, let alone ride!! In honor of their Herculean effort, the club awarded the Lantz's (Dad and two sons) complementary Century patches. Everything went very smoothly, and we received a lot of good comments from folks about the way things were organized. The Century was a success due to the hard work of some dedicated club members. Thanks to everyone who helped to make this an event worth remembering. Get involved, the first planning meeting for the third annual Shenandoah Valley Century will be on See you there!!!

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

I would like to thank everyone who helped with this year's Century Ride. It took dedication and teamwork to make it run smoothly. I heard many compliments which reflects on us as a club.

If you haven't voted on the constitutional changes, please do so as soon as possible. Start thinking about who you would like to see as officers for next year. I will soon pick an officer nominating committee, and it will be up to them, with your input, to select a slate for next year. Everyone should have the opportunity to serve the club, and it is relatively painless.

We have a couple of big events approaching. First, The Highland Retreat overnight this weekend. Those of us who went last year remember cool weather and mucho grub. The following week is the Frederick Fall Foilage Festival in Frederick, MD, and we have a few folks heading up in that direction. The second annual No Quiche ride is on Oct 21, and I think I might even give it a shot this year. Get those miles in before the weather gets nasty!!

***** BARGAINS AND HARD BARGAINING *****

It was swap meet time at the September meeting, and the members came prepared to swap and deal. Items ranged from bearings to complete bikes. Comments ranged from: "Wow. . .two almost brand new Specialized tires for only \$8" to "Come on Dave, I can get this from Nashbar for . . ." A good time with some good deals. Start saving for the next club swap meet.

***** OCTOBER MEETING - COOKING ON TWO WHEELS (or BEYOND PEANUT BUTTER) *****

It seems that whenever bikies get together, the topic of conversation always seems to come around to food. So, what more appropriate way to spend the October meeting of the SVBC than actually preparing some food!! And then eating some food, of course. Resident two-wheeled chefs Mur and Mario Dennis will share some insight into the finer aspects of bicycle cuisine. So plan to come to the next meeting of the Shenandoah Valley Bicycle Club, Tuesday, October 9 at 7:30PM at the Harrisonburg National Guard Armory.

***** TIPS FOR COOKING ON THE ROAD *****

In order to get you started thinking about the upcoming meeting, the Dennises have provided the following tips and a recipe to whet your appetite.

1. Plan a menu in which you take along only those foods you're not going to find in small, rural markets. Even in relatively remote areas, most small stores carry an adequate line of dairy products, canned foods, bread and pasta, meat and even produce. Resign yourself to the fact that you may have to eat foods that you wouldn't eat at home.
2. Plan a nutritious menu, especially high in carbohydrates. One way is to plan your main dish around pasta or rice, include some protein (meat, fish, chicken, etc), and a green vegetable. Treat yourself to dessert, hot chocolate or tea before bedtime.
3. Once your menu is planned, pre-mix dry sauce mixes, herbs, spices, etc. Use labelled film cannisters for small amounts of herbs. We're especially fond of herbs, and take along extra amounts to enliven canned foods, sauces, etc. Garlic, sesame oil and soy sauce are among our favorite extras.
4. Plan your menu GENEROUSLY. On a long, challenging tour you'll have a hard time consuming as many calories as you burn. This is no time to diet! Eat well; you've earned it, and you'll probably need it.
5. Extend your culinary possibilities by using the Dennis, No-Fail Two-Stove System (patent pending??). Invest \$5 in a Sterno Piggyback stove (8 oz). Start cooking your pasta or rice on your main stove, and when the water is boiling, move the pot to the (lit) Sterno. It will generate enough heat to keep the rice/pasta cooking while you use the main stove to cook your main dish. It's like having an extra burner which is lightweight and takes little space. Saves time, too.
6. Liquid margarine is much easier to deal with on a tour: no mess and easy to use.

SAMPLE RECIPE #386 - FETTUCINE

Ingredients: Sauce - 4 TBSP Butter/Margarine, 1 8 oz pkg. Cream Cheese, Premixed herbs: 2 TBSP parsley, 1 TSP basil, pinch of pepper. Noodles - 8 oz thin noodles, 1 clove garlic minced, 4 TBSP butter/margarine, 3/4 cup parmesan cheese.

Start noodles over main stove; when boiling vigorously, transfer to Sterno.

Combine butter and herbs; stir in cream cheese. When blended, add 1/3 cup boiling water (use water from the noodles). Stir until creamy and hot. Cook garlic in butter in Sierra cup, and pour over drained noodles, and mix well. Serve noodles, ladle on sauce, and sprinkle with cheese. You know what to do next!! (or come to the Oct meeting and find out!!)

***** YOUR VOTE IS NEEDED *****

Just a reminder that if you have not yet voted on the pending changes to the SVBC bylaws (see last month's newsletter), bring your ballot to the October meeting or call Art Fovargue (433-9247). We need a majority vote for passage, and so far only about 30% of the membership has voted. Voting on the changes in Articles IV + V will be at the October meeting.

***** A DAY FOR THE DUCKS *****

The weather was cool and threatening on Sunday morning, September 30, but a large group of club cyclists showed up at Keister for a half century ride lead by Mario Dennis. We made it to Singers Glen, when a few wise wheelers decided to head back to town. The rest continued on to Broadway, where the famous Riverside Restaurant beckoned with hot coffee and Sunday luncheon specials. About midway through a mouthful of turkey and gravy, someone noticed it was pouring down rain outside. Not to worry, someone said, it will clear up. Well . . . it didn't, and the group made a quick and wet 12 mile dash down route 42 and back into town. A hot shower and coffee never felt so good!!

Although I haven't had much time to compose a flowing tribute to Fall weather touring (nor to ride any either), I hope none of you abandon cycling due to a few chilly days. Keep in mind to dress appropriately - layers are the key. As the temperature, breeze, terrain, etc, fluctuate during the day, you can then add or subtract layers to fine tune your body to keep warm without overheating. If your head's getting a bit chilly, and it's not cool enough for a wool cap, try taping over the ventilating holes in your helmet. Also, remember that the daylight is getting less and less, so plan ahead and carry adequate lighting if there's any chance you'll be out at dark (plan for the unplanned - flat tires, etc). Have fun!!

In case you have not heard, your club's secretary and touring director have proudly presented the world with a wonderful baby boy, Daniel Edward Fovargue. He already has a biker's appetite, and seems to be working on biker neck muscles. And although he was not born with a helmet on (contrary to some rumors), he was heard to utter something like "car back" while riding home from the hospital backwards in his car seat! Hope you can all meet him soon.

SVBC RIDE CALENDAR

Ride Calendar

- 9, TUES, SVBC October Meeting, 7:30PM Harrisonburg National Guard Armory.
- 10, WED, "Broken Spoke Ride," 5:30PM, Keister Elementary, 10-20 mi, B/C. Leaders; Dave and Mary Lu Lewis (867-5363)
- 14, SUN, "Farrington Fall Foliage Frolic," 1PM, Waterman Elementary, 15-20 mi, D. Leader: Mark Farrington (434-1038)
- 17, WED, "The Last Quarter Ride," 5:30 PM, Keister, 10-15 mi, B/C. Leader: Mur and Mario Dennis (434-3521)
- 21, SUN, "No Quiche Mountain Challenge Century," 7:30AM, Waterman, 100 miles with mountains, A. See more details in newsletter. Leader: Dave Lewis (867-5363)
- 24, WED, "The Last Wed. Nite Ride," 5:30PM, Keister, 10 mi, C. Plan to eat at Heritage after the ride. Leader: Art "Big Daddy" Fovargue (433-9247)
- 28, SUN, "Eleanor's Favorite Flat Metric Century," 10AM, meet at Eleanor's (1310 Crawford), 62 mi, B/C. LAW Patches available. Halloween treats for those who finish, tricks for those who don't. Broom riders welcome, dress as you wish. Leader: Eleanor Price (433-8539)
- NOVEMBER
- 3, SAT, "Breakfast in Bridgewater," 7:30AM, Keister, 25 miles, breakfast at about the halfway point, C. Leader: Art Fovargue (433-9247)

• • • • • SVBC RIDE CODES • • • • •

- 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.

• • • • • SECOND ANNUAL NO QUICHE MOUNTAIN CHALLENGE CENTURY • • • • •

Just a reminder that the second annual No Quiche Mountain Challenge Century will be held on Sunday, October 21. The ride will leave from Waterman School at 7:30 AM and head to New Market, up 211 to the Skyline Drive, south on the Skyline Drive to Swift Run Gap and route 33, and west on route 33 back into town. Needless to say, this will be a challenging ride. Riders should come prepared with warm clothes and some energy food. A sag will be available to provide food, water and other life support systems. Dave Lewis will be the leader for this ride. The ride will be a fast paced, class A ride. The distance is approximately 100 miles. Contact Dave for more details (867-5363)

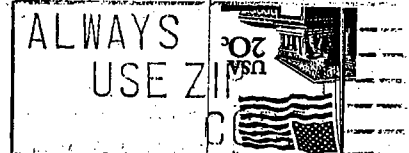
• • • • • FAT TIRE FORUM by Craig Mauck • • • • •

The last stage of the Cannan Mountain Bike Series was held on September 23. This stage consisted of a 40 Km off road race. Thirty six riders started the race, fifteen riders finished. Parts of the trail were so rough that it required running with the bike part of the time. An early lead with Steve Cope, who dropped out with calf cramps, helped Craig Mauck survive 2 flats in the last 3 miles, and to finish the last two miles running along side his bike. John Hargadon, the third place finisher, was treated for hypothermia and dehydration at a local hospital after the race. Some results: 1. Craig Mauck, 3 hours, 7 minutes; 2. David Gorin, 3:13; 3. John Hargadon, 3:21; 10. Sue Rippey, 4:18; 11. Mark Nissley, 4:21.

COMING EVENTS: Price Mountain Rotund Tire Classic, 20K race, NORBA Sanctioned (helmets required), Sunday, Oct. 14, Blacksburg, VA. Racer meeting at 11AM, start at noon. More info from Scott Lochrie, 324 Shenandoah Circle, Blacksburg 24099, (703)951-1362 East coasters Bike Shop (703)951-2369. Freecamping space is available.

SHE/SHENANDOAH
ALLEY BICYCLE CLUB
 P.C. BOX 1014
 HARRISONBURG, VA 22801

Join Now



Next Meeting:
 Tues, Oct. 9, 7:30
 "Cooking on the Road"

Fovargue
 Somewhere on Monument St
 Harrisonburg, VA 22801

OCTOBER, 1984

Hi, DAN! WHAT'S YOUR ADDRESS??



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

