

JANUARY, 1985 NEWSLETTER
SHENANDOAH VALLEY BICYCLE CLUB

ELEANOR REDEFINES THE LAYERED LOOK

Well, for those who attended the December meeting of the SVBC, we are anxiously (?) awaiting real winter weather so that we can try out some of those great winter bike clothing tips from Eleanor Price. It is too bad that the video camera was not rolling for this meeting, it was a memorable one. If clothes are any indication, Eleanor has a lot of experience at trying to keep warm. She shared some of that experience, and most of her wardrobe, in her discussion of dressing for winter riding. It would be impossible to describe the entire presentation, but let it suffice to say that keeping the head, hands and feet warm are the real keys. So bring on old person winter, I think we're ready to handle her (him?). Thanks to Eleanor for a presentation that we will be talking about throughout the rest of the year!

HAPPY THIRD YEAR!!!

Believe it or not, the Shenandoah Valley Bicycle Club is beginning its third year. In honor of this prestigious event, we will hold our second anniversary potluck celebration on Tuesday, January 8 at 6:30PM at the Harrisonburg National Guard Armory. If you've ever been to a SVBC potluck before, you'll know that it is a culinary delight not to be missed. If you've never feasted with your fellow members, come on out and sample some of the finest foods, and enjoy some of the best fellowship to be found. Our cherished program directors, Mary Lu and Dave Lewis are coordinating this gala affair. It will be a carry in dinner, with single persons suggested to bring one dish to share and families to bring two. Anything and everything is welcome. A special dessert is being prepared, so things should be pretty well taken care of in that department. The club will provide plates, cups, utensils and drink, so just bring something to share, and a hearty appetite. Please note the 6:30 starting time. The highlight of the evening, after the feast, will be a year in review slide show. This show has been put together from slides donated by various club members about the SVBC's exciting year of biking. If you have any questions, contact Mary Lu or Dave at 867-5363. Happy Anniversary, SVBC!!!

SECOND "NIGHT OUT" PLANNED

As promised in the December newsletter, the SVBC's second "night out" has been planned. Remember that these "nights out" are evening get-togethers over the winter to see old biking buddies we might not see otherwise. A great way to beat cabin fever. This month's night out will be held at the Famous Restarant in Harrisonburg on Friday, January 25 at 6:00. We will meet at the restaurant. It is on Main St., next to Glen's Fair Price. They have a varied menu from pizza to Greek food to regular old entrees. If it is anything like our first get together back in November, you are guaranteed to have a good time. So that we may warn the restaurant of the size of our hungry crowd, please contact the Phillips (433-3419) by Thursday, Jan 24 to let them know you're coming. Meanwhile, be thinking of where we should hold the next SVBC "night out!" Bon appetit!!

PRESIDENTIAL PERAMBULATIONS by Ray Miller, SVBC President (and recent off-road maniac)

I hope each one of you have had a happy holiday season. Daylight hours are now going to increase, but this benefit will be offset by cooler temps. If you didn't miss Eleanor Price's talk on winter clothing at the December meeting, you would know how to combat the icy winds.

The nominating committee has begun gathering names for the 1985 officers. If you've enjoyed the past activities of the club, show your appreciation and nominate yourself for an office. It is not too time consuming, and no one has been impeached, as yet.

The second annual SVBC dinner is rapidly approaching. It will be held on Jan 8 with good food and company on hand. A slide presentation of the 1984 SVBC events will be the highlight of the evening. If you have any slides of events that you would like to donate, get them to Dave or Mary Lu Lewis before the meeting. If you haven't had the opportunity to attend many meetings or rides this year, come to this special meeting see what the SVBC's been up to. HAPPY TRAILS!!!

DON'T YOU WISH, CHRISTMAS GIFTS submitted by S. Claus

- Ray Ritchie - a lie detector test (No Quiche??)
 - Nancy Ritchie - more mirrors for her bike
 - Rodney Yankey - a good bike to go with his good wheels
 - L.B. Branner - a chain waxing franchise
 - Ray Miller - a rubber suit to wear while ATBing (all terrain biking)
 - Funkhouser - a mountain
 - Eleanor Price - a High's franchise
 - Debby and John Phillips - any tandem
 - Bruce Werner - a mountain bike with no ball bearings
 - Craig Mauck - a pink cadillac
 - Nora Gulliksen - another route to Harrisburg, PA
 - Dave Lewis - less jokes about his bikes
 - Mary Lu Lewis - more jokes about Dave's bikes
 - Mario and Mur Dennis - another California bike trip
 - Greg McGillvray - a red helmet to match his new frame.
 - Bill Story - a weekend off
 - Sue Rippy - more nighttime riding.
 - Kathy and Art Fovargue - a partnership in the Riverside Restaurant
 - Dr. Bike - someone who cares enough to ask a question, any question.
 - Skinny tire riders - tailwinds and smooth asphalt.
 - Off Road riders (ATBers, as the pres says) - mud, rocks, trees, streams, wild animals and beautiful overlooks.
- ALL SVBC MEMBERS - A HAPPY 1985

SVBC CLASSIFIED

FOR SALE: 21 inch Trek 614. Sugino AT triple and some of the lowest gears in town. Ridden one and a half seasons, excellent condition. \$300. 434-3521

FOR SALE: Nitus, grey frame, 58 cm. All Campy, except for Medolo brakes. 68-4 rims, extra wheels. Only 300 miles on this beauty. Best offer over \$800 rides this one away. Call John, 434-8488

ANNIVERSARY POTLUCK!
TUESDAY, JAN. 8, 6:30 PM
DON'T MISS IT!!!!

Longtime readers of this newsletter will be happy (maybe) to hear that the SVBC received a belated Holiday card from that veritable warehouse of bicycle knowledge, Dr. Bike. Many of us, the newsletter editor included, are relieved to hear from ol' Bearing Brains, due to the ugly rumors that had begun to circulate concerning his involvement with a bizarre cult that worships back issues of BICYCLING magazine. Anyway, Dr. B assures all of his fans, and most of his enemies, that there is absolutely no truth to these ugly rumors.

Anyway, we were so happy to hear from our old friend, that we sent him a mayonnaise jar full of questions to answer. Bike confesses that he accidentally ate a few of the letters with a tuna fish salad sandwich late one night before he realized that he had grabbed the wrong jar. Anyway, here are a few answers that the doctor has provided for us this month.

Dear Dr. Bike: I recently purchased one of these new bicycle computers that everyone keeps telling me about. I'm really tickled, because I shopped around and got a real good deal. The bulk of the computer fits well on my front low rider rack, but I am at a loss as to what to do with the keyboard. Any suggestions? Hacking in Harrisonburg

Dear Hack: I'm afraid that the bike computer industry is still in its infancy and you've gotten stuck with one of those non-industry standard models. From the picture you sent, it looks as if you got the old XYZ3457 keyboard. Some fairly straightforward drilling on the top tube of your bike ought to allow you to attach the keyboard via a few good and sturdy U-bolts. If you aren't handy with power tools, you may want to consult your local bike or machine shop. I've enclosed a diagram to help you out. You may also want to consult the Bike Crashbar catalog for a keyboard adaptor that fits into the water bottle cage. Please note, this adaptor won't work with those crazy Rhode Gear and Cannondale water bottle holders. HAPPY COMPUTING!!!

Dear Dr. Bike: I recently purchased my first real bicycling jersey, and I really love it. I especially like all of those neat, little pockets in the front. My only question is why did they put the zipper in the back? I have a really tough time zippering it up, and usually have to ask a friend to help. Thanks Contorted and Confused

Dear C+C: Thanks for your letter. Your problem is one experienced by quite a few cyclists. Most of them give up and just wear the jersey backwards with the zipper in the front. The zipper is supposed to be in the back to prevent cold breezes from going down your chest. I'd strongly advise you to resist the temptation to wear the jersey backwards, as you'll definitely end up with more chest colds. I always carry an old clothes hanger in the handlebar back to assist with the zipper in the back. Give it a try!

Yes, I want to ride with the best, and help make bicycling better for everyone!

(Please print or type)

New

Renewal

NAME(S) _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

TELEPHONE _____ / _____

CHECK TYPE OF MEMBERSHIP DESIRED

- Individual Membership: \$18 (Age 14 and up)
- Family Membership: \$24 (Two adults and unmarried children to age 21 living at same address)
- Public or School Library subscription: \$15

NOTE: Outside North America add \$4

Members receive 12 issues of BICYCLE USA (including the BICYCLE USA Almanac), membership card, patch, decals, plus discounts on merchandise, rallies, and classified ads.

Enclose check or money order payable to:

BICYCLE USA
6707 Whitestone Rd., Suite 209
Baltimore, MD 21207

© 1984 League of American Wheelmen

SHEMANDOAH
ALLEY BICYCLE CLUB
P.O. BOX 1014
HARRISONBURG, VA 22801

HAPPY NEW YEAR, 1985

BAR REARVIEW BICYCLE REPAIR, BACK ALLEY BIKED AND MARK'S BIKE SHOP
GENEROUSLY CONTRIBUTE TO THE COST OF THE SHEMANDOAH VALLEY BICYCLE CLUB NEWSLETTER.

THE 1985 BICYCLE USA ALMANAC

What great timing, and if you're a member of BICYCLE USA, you'll understand what I mean, the 1985 BICYCLE USA ALMANAC arrived in the mail just the other day. For those of you who don't know, BICYCLE USA (formerly the League of American Wheelmen) is a national organization for bicyclists. The SVBC is one of approximately 400 BICYCLE USA affiliated bike clubs. Anyway, the ALMANAC is a recent addition to the organization's publications. This is the second one, and it is a compendium of valuable biking information. It contains a state by state bicycle guide, listing sources of maps, information, special rides, special sights, etc. It also contains information on a wide variety of other bicycling topics. This is an invaluable resource to the bicyclist and it alone is worth the membership dues. If you'd like more info about BICYCLE USA, contact our club representative, Kathy Fovargue (433-9247).

ANCHORAGE USE-A-BIKE

Free Bicycles!!

No, that's not a political statement from the 60's, it's what Michael and Lydia Callaghan have provided in Anchorage, Alaska. After a false start, it seems to be working.

They wanted to emulate a Copenhagen program which provides bicycles for public use at no charge. The Danes use the bikes to ride between destinations in the downtown area, then leave them for other cyclists to use.

In 1977, the first time the Callaghans talked the City Council into funding their program with a \$4950 grant, and 140 bikes from the police department's lost and found section, they learned that Anchorage isn't Copenhagen. Most of the bikes vanished.

Undaunted by "I-told-you-so" critics, they tried again. Michael went door to door by bicycle, and soon collected more than 100 donated bikes, which volunteers overhauled for the second, more successful experiment.

Cyclists may still use the bikes free, but they check them out from a central location for a security deposit of \$5 (refunded if the bike is returned undamaged) and one piece of identification.

Writing in the Nov, 1983 *New Age Journal*, Ann Dixon reported that the free bike system has become a treasured feature of Anchorage's summers, popular with tourists and residents alike.

For more information on this program, write to Earth Cycles, PO Box 3-4031, Anchorage, AK 99501 (stolen from the 1985 BICYCLE USA ALMANAC).

THANKS FOR THE SUPPORT

As the Shenandoah Valley Bicycle Club begins its third year, lets say a special thanks to those generous Harrisonburg bike shops that provide us with a financial contribution that covers the cost of producing this newsletter. A big thanks and Happy New Year to AAA Rearview Bicycle Repair and owner Craig Mauck, to Back Alley Bikes and new owner and old owner Ed Gainer and Jeff Landis, and to Mark's Bike Shop and owner Mark Nissley. Their generosity and support over the past two years have contributed to the success of the SVBC. We look forward to their continued support of the SVBC and bicycling in the Shenandoah Valley.

A GREAT MOUNTAIN BIKE RIDE RUMORED

Rumor has it that several SVBC members (L.B. Branner, Ed Funkhouser, Ray Miller) took a fantastic ride on a trail on Massanutten Mtn, north of New Market Gap. The newsletter has been anxiously awaiting the promised written description of this ride, but I am afraid that the USPS and the bad weather has inhibited the correspondence from the T'ville and Broadway area. Anyway, the story includes steep climbs on foot with bikes on the back, daring descents into rock walls, rain, mud and a view that Branner, lifelong Valley resident, describes as the best he has ever seen. Anyway, lets hope that the description arrives in time for the next newsletter, but I'm sure Ray or LB would be glad to fill you in on the details prior to February.

SOME REAL GOOD NEWS

Here is a get well wish to Lincoln Landis, who is making a great recovery from his surgery over the Holidays. Best wishes and a special Happy New Year to Jeff, Pat, Jessica and Lincoln from everyone in the SVBC.

A WORD FROM THE EDITOR

Hi folks! How about some feedback on this old rag we call the SVBC newsletter. What do you like, what don't you like, what would you like to see? I enjoy doing the newsletter, and would love to hear from you. More importantly, I would like to get some interesting things from you to include in the monthly newsletter. So why don't you give me a call (433-3419) or drop me a note (John Phillips, 527 Collicello St., Hburg 22801), just like our old friend, Dr. Bike, I love to get mail!!

NOMINATIONS FOR CLUB OFFICERS

The nominating committee is getting set to come up with a slate of officers for the upcoming elections. If you'd like to nominate someone, perhaps yourself, complete the form below and either bring it to the January meeting, or mail it to SVBC, PO Box 1014, Hburg 22801

PRESIDENT _____ VICE - PRESIDENT _____
SECRETARY _____ TREASURER _____

SVBC JOINS NATIONAL OFF ROAD ORGANIZATION

The SVBC will join NORBA, the National Off Road Bicycling Association, an organization for the promotion of off-road biking. Among some of NORBA's activities, they publish a monthly newsletter, sanction off road biking events, and work to promote off road bicycling. There has been some interest expressed in the SVBC about the possibility of sponsoring an off road event this coming year in the Valley. Our NORBA membership will be a big help in this regard. The NORBA newsletter will also provide another source of palgiarizable stuff for the newsletter editor. This membership will nicely complement the SVBC's current membership in Bicycle USA, a national organization for all bicyclists, but without much of an emphasis on off road stuff.

BIKING IN DECEMBER - OH WHAT A TREAT!!

Looking outside, we may be finally paying for all of that nice weather back in December. Ask Dave Lewis about December biking, and he'll tell you he got in over 400 miles during the month. (But then Dave got in over 5200 miles, 5207 to be exact, during 1984!) Unfortunately, our scheduled events for the month of December were rained out. The informal rides on Sunday afternoons at 1 PM at Waterman School, however, have been real delights. Remember, just show up if you want to ride, and see who else shows. You'll be pleasantly surprised.

A WINDY NEW YEAR!!

Four SVBC members celebrated the New Year in style by going on a nice little ride down to Dayton and around on part of the time trial course on January 1. It was a warm day, but my oh my, what a breeze from the south. Art Fovargue, Dave Lewis, John Phillips and Bruce Werner enjoyed a chance to get out and spin a bit, and work off a some of those holiday blahs. A great way to start the year, and boy, what a tailwind back into town.

VOYAGEUR by Art Fovargue, SVBC Vice Pres. and Touring Chief

Well, Art reports that he has been playing lots of Trivial Pursuit over the Holidays, and has not given much thought to the touring schedule, or to witty little things to submit to the newsletter. Note the ride calendar below. We'll try that breakfast ride to Broadway again later in the month on January 20. You'll be back in plenty of time to warm up in front of the boob tube for the Super Bowl. Also, don't forget those informal rides on Sundays at 1 PM Waterman School. Who knows, there may still be a few of those warm days left in this crazy winter.

Art's Trivial Pursuit pursuits have turned up some interesting ways to stay warm for Winter cycling. Art reports that a skirt 6 inches below the knee is 16% warmer than a skirt that is 6 inches above the knee. Art also reports that a slit in the skirt does not seem to significantly affect the insulating power. Finally, Art says that loose fitting jeans are significantly warmer than those tight fitting ones. Calvin Klein will be sorry to hear this. Anyway, we all look forward to seeing Art in his long skirt with a slit, or his baggy jeans. If this does not encourage people to come out and ride, nothing will. I guess it is all part of the duties of a dedicated touring director.

SVBC RIDE AND EVENT CALENDAR FOR JANUARY

- January
- 6, Informal Ride, 1 PM, Waterman School
 - 8, SVBC 2nd ANNUAL POTLUCK MEETING, 6:30 PM, Hburg National Guard Armory, see this newsletter for more details.
 - 13, Informal Ride, 1 PM, Waterman School
 - 20, Super Breakfast Ride, 10 AM, Waterman School, ride to Broadway for a super breakfast or lunch or both. About 30 miles roundtrip. Leaders: The Phillips, 433-3419
 - 25, SVBC "Night Out", get together for dinner with your SVBC friends, 6:00 PM, Famous Restaurant, see this newsletter for more details.
 - 27, Informal Ride, 1 PM, Waterman.
- February
- 3, Informal Ride, 1 PM, Waterman
 - 10, Informal Ride, 1 PM, Waterman
 - 12, SVBC February Meeting, 7:30PM, Hburg National Guard Armory

SPRING TOUR OF WASHINGTON

Mario and Mur Dennis are planning a SVBC weekend tour of the Washington, DC area, including Mt. Vernon, for some time in the Spring. Ideally, this would coincide with the Cherry Blossom Festival (does anybody know the exact date for the festival?) although even if that did not work out, there are plenty of other places to see and paths to ride. Mario has ridden through Rock Creek Park, which extends the entire length of the city, and reports safe, enjoyable cycling, although not at the speeds were accustomed to in the Valley. Tour possibilities include the National Zoo, the Mall (no, not the shopping type), the C+O Towpath (recommended mostly for Fat Tire types), and for the foolhardy, there are frequently bicycle races in the DC area on Sundays throughout the riding season. Housing options are probably limited to sharing motel/hotel rooms on Saturday night, to return Sunday afternoon. Plenty of outstanding restaurants in the city, too. If you're interested, and or have some more information about cycling in DC, contact the Dennis's at 434-3521.

Ride with the best

Join BICYCLE USA, the League of American Wheelmen

Monthly magazine will keep you informed and entertained.

BICYCLE USA Almanac your guide to everything about bicycling.

Legislative program protects your rights and interests at state, local and national levels.

Rallies provide fun, friendship and useful workshops.

American Bike Month promotes cycling to newcomers.

Effective Cycling teaches safety and proficiency.

BICYCLE USA — Bicyclists for better bicycling.

Join today

