

"HIGH" RAMBLINGS BY ELEANOR

Wow! What an excellent weekend! GAVAB is one event you don't want to miss! The rides were for all abilities and endurance. Friday night was a midnight ride from Jamestown to Williamsburg for ICE CREAM!! Saturday I went on the 100-mile ride through Surry County and James City--"pig and peanut country". Because it was so hot and extremely windy, my group completed the 50-mile loop. We even rode the ferry for 15 cents!

Saturday night after the lasagne dinner, Dave Wilson spoke about custom fitting the bike to the rider. Very informative! He will custom fit you for \$30 at his shop. It takes about 2 hours to complete. I have extra maps of the Tidewater area for rides.

June is a great month for riding--please come out and enjoy!

AREA BICYCLISTS SWEEP CANAAN MOUNTAIN BIKE RACE

Dennis Herr of Harrisonburg won the 15K mountain bike race held at Davis, WV on May 19, with a time of 44:44. Craig Mauck was second with a time of 45:01. Third was trials winner John Hargadon of Washington, DC (46:28); fourth was Gene Bell of Bristol, VT (47:51); and fifth place went to Fred Saltow of Davis, WV with a time of 48:13.

The women's division was won by Sue Rippy of Harrisonburg, with a time of 59:40. Second place went to Michelle Curling of Chesapeake (1:04:54); followed by Jili Griffin of Morgantown, WV (1:12:12) and Evelyn Tomaszewski of Morgantown with a time of 1:20:59.

Dennis Herr also won the veteran's division (age 35-44), followed by Fred Saltow of Davis, WV; John O'Toole of Pittsburg, PA; Andre Meyer of Charlottesville; and Sue Rippy of Harrisonburg.

The NORBA (National Off-Road Bicycle Association) sanctioned race, which attracted 55 entrants, was the first of three trials and race events to be held this summer, put on by Blackwater Bikes and East-West Printing of Davis, WV, and is being sponsored by Suntour USA and Cannondale Bicycles. This year's overall prize is a \$700 Cannondale SM600 Mountain Bike which will be won by the rider with the most accumulated points for the series. Further trials and races will be held July 20-21 and September 21-22, 1985.

BROADWAY/TIMBERVILLE RIDES RETURN!

(Due to the editor's forgetfulness, this article failed to appear in last month's newsletter.) Looking for a repeat of last year's successful Monday night rides for those living in the Broadway/Timberville area, Rodney Yankey informs that the rides will continue this year as well. The rides will all begin at Plains Elementary School, and start at 6:00 PM throughout the month of June. Come join us!

**SHEANANDOAH**

**BACK ALLEY BICYCLE CLUB**

P.O. BOX 1014  
HARRISONBURG, VA 22801

THING:

"GEORGIA TOUR"

SHOW

MONDAY JUNE 10

WELLNESS CENTER

LARRY E. PARKER

Pt. 2 Box 298

CROTTIES

VA 24441



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AAA BICYCLE REPAIR, BACK ALLEY BIKES, AND MARK'S BIKE SHOP  
GENUINELY CONTRIBUTE TO THE COST OF THE SHEANANDOAH VALLEY BICYCLE CLUB NEWSLETTER.  
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Two years ago, Dave & Mary Lu Lewis, Mario Dennis, and Ray Miller rode to Winchester to meet the AGVITHH tour, and to ride with them to Harrisonburg the following day. If you are interested in repeating that ride this year, call Mario at 434-3521. Tentative plans are to ride up early Saturday (June 22), stay in an inexpensive motel that night, and ride back on Sunday. Neither ride is "a killer"--the pace on Saturday will be leisurely, though steady, and on Sunday you can definitely pick your own pace, as there are groups riding at about every pace imaginable. Distance is 70 miles each way over gentle terrain. This is a fun ride--come along and see, and maybe you'll decide to ride AGVITHH yourself in '86!

#### OFF-ROAD CENTURY IN JULY

The Off-Road Century is taking shape nicely. At this point, turnbacks will allow non-finishers to withdraw with grace and take smooth, paved roads back home. Plan on the full moon in July to be the official starting date. Details in the July newsletter. For those considering the ride, the ride should take approximately 12-16 hours, so be riding some longer rides before then. We'll have the daylight and support if you'll bring the legs and lungs. T-shirts are also in the works.

#### FIFTH ANNUAL STAUNTON TEN-MILER

It's almost here--Sunday, June 9 at 1:00 PM. This 10-mile road race, sponsored by area bicycle shops, starts at the bridge in Frank's Mill on rt. 728 and proceeds north on rt. 742 by Luck's Quarry, to Spring Hill via rt. 613 and returns on rt. 732 to finish. Traffic control provided; helmets required. Prizes awarded in expert, novice and women's categories. Entry fee is \$1. Contact Craig for details.

#### JUNE MEETING: THE CALIFORNIA TOUR

This month's meeting will feature a slide show by Mario and Mur Dennis, highlighting their tour of Northern California last summer. Hear of their trials and tribulations, their tips and hints, and see if Mario can get the projector to work correctly. So, come to the Valley Wellness Center, 7:30, Monday, June 10. Be there, or be square!

#### JULY MEETING: FOOD!

Yes, that's right--cyclists' second favorite passion, food! And there will be plenty of it at the July 8 meeting, to be held at Sue Rippy's house on Garber's Church Road (next month's newsletter will contain directions). Each member should bring a covered dish and own service (plates, cups, etc.). SVBC will provide tea and koolaid; if you prefer something else to drink, bring it along. Also, Sue advises that if you don't want to sit on the ground, you should bring lawn chairs or a blanket. These meetings are always fun and feature fine foods, so mark your calendar well in advance!

#### CLASSIFIED ADS

FOR SALE: Men's 21" Trek 614 bicycle. 18 speeds, well-maintained by owner and in excellent condition. Ridden only two seasons, only 4000 miles. \$300--a real bargain. 434-3521.

#### VISUAL ESTIMATION OF WIND VELOCITY

Besides large, angry dogs, the one thing cyclist probably hate most is a head or side wind. Eleanor reports that the chart below is helpful in estimating wind velocity at those time you don't have an anemometer handy. She recommends using flags as indicators of wind speed. With that in mind, here is Eleanor's chart.

1. Smoke rises vertically; flag is limp.	0-1 mph
2. Smoke drifts; flag barely moves.	1-3 mph
3. Wind felt on face; flag moves out a little.	4-7 mph
4. Leaves in motion; flag at 30-45 deg. angle.	8-12 mph
5. Mast raised; paper blows about.	13-18 mph
6. Small trees sway; flag at 90 degree angle.	19-24 mph
7. Large branches in motion; flag flutters.	25-31 mph
8. Large trees in motion; flag whips wildly.	32-38 mph

(Chart goes on to 72+ mph, but if you have any sense, you won't be out kind of weather anyway!)

RIDE CALENDAR

JUNE

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2 SUN "KEEZLETOWN RIDE". 1:00 PM, Purcell Park (large lot on Monument Ave.). 20-25 miles, B/C pace. Leaders: Bruce and Donna Werner (433-8977).

5 WED "STRAWBERRY SHORTCAKE RIDE". 6:00 PM, Kiester. B/C pace out, then strawberry shortcake, with a C/D pace returning. Leader: Mary Lu Lewis (867-5363).

9 SUN "IMPROMPTU RIDE". 1:00 PM, Waterman Elementary. Those who show up determine ride(s) and distance.

10 MON BROADWAY/TIMBERVILLE RIDE. 6:00 PM, Plains Elementary.

12 WED "HOW MANY HIGHS RIDE". 6:00 PM, Kiester. 10-15 miles, C/D pace. How many Higs can Eleanor find in 10-15 miles? Leader: Eleanor Price (433-0539).

15 SAT "BREAKFAST RIDE". 8:00 AM, Waterman Elementary. 20-30 miles, C pace. Eats at the Little Grill. Leaders: Debbie and John Phillips (433-3419).

16 SUN "IMPROMPTU RIDE". 1:00 PM, Kiester. Whoever shows up determines pace and route.

17 MON BROADWAY/TIMBERVILLE RIDE. 6:00 PM, Plains Elementary.

19 WED "MASSANUTTEN RIDE". Vent any remaining sanity you have today. Ride to the top of Massanutten. 6:00 PM, Kiester Elementary. 30 miles, B pace. Leader: Art "call me crazy" Fovargue (433-9247).

23 SUN "AGVITHH IV RENDEZVOUS". (So, it doesn't rhyme this time). Ride to Timberville to meet AGVITHH IV cyclists riding south. 11:00 AM, Waterman Elementary. 30-40 miles, B/C pace. Maps. No official leader.

24 MON BROADWAY/TIMBERVILLE RIDE. 6:00 PM, Plains Elementary.

26 WED "TURTLE RIDE". (The turtle leads; hares are invited). 6:00 PM, Kiester. Definite D pace. Leader: Donna Werner (433-8977).

29 SAT "HALF CENTURY". 9:00 AM, Plains Elementary school, Timberville. B pace, patches available. Leader: Ray Ritchie (896-2913).

JULY

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3 WED "BRIDGEWATER AIR PARK RIDE". 6:00 PM, Kiester Elem. 15-20 miles, C/D pace. Fourth of July Patches available. Leaders: John, Debby and Beth Phillips (433-3419).

4 SAT "THE LAST VIRGINIA RIDE". 9:00 AM, Waterman Elementary. Ride to the top of Reddish Knob and (hopefully) return. About 50 miles. Come if Art stops for sardines at Briery Branch this time. Leader: John Phillips (433-3419).

7 SUN IMPROMPTU RIDE. 1:00 PM Waterman. Whoever shows up determines pace and route.

TOURING RIDE CODE

CLASS A For strong, experienced riders, 25-100 miles at 14-22 mph pace. No, if any, stops. Expect difficult terrain.

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

CLASS C For average riders, 10-35 miles at 8-12 mph pace. Stops definitely included, hills definitely kept to a minimum.

CLASS D A ride of 5-15 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.

This classification scheme is perfect. If you ever have a question about a ride, feel free to contact the ride leader.

