

OCTOBER, 1985

## ELEANOR'S CORNER

by Eleanor Price

Hi---where is everyone??! We've had rides and no riders. Please come out and ride.

Our schedule keeps going long after the Century. We also have some really great rides for October: Highland Retreat and the famous No-Quiche Ride. Now that the days are getting shorter, please use lights and reflective items.

The October meeting is our fall swap. If you have a lot of items or any items that are dirty or greasy, please bring something to put under them so they won't mess up the Wellness Center carpet. Thanks, and see you there!

## SHENANDOAH VALLEY CENTURY

Our 3rd Annual Shenandoah Valley Century enjoyed another fine turnout, with participation up 14% for the second year in a row. It seems as though growth is from outside the Harrisonburg area, with 29 of the 75 participants from outside our area. Thirteen riders were from the Charlottesville area, and Pam and Harold Lasser from Elmhurst, Illinois were our most distant participants (geographically speaking--ed.).

My thanks to the 'Century Committee' (Mur and Mario Dennis, Kathy Fovargue, Dave and Mary Lu Lewis, Ray Miller, Eleanor Price, George Trimble, and last but far from least, Donna Werner) for their efforts. Also thanks to Bruce Werner for driving sag. When you the membership see these hardworking individuals, pass along your appreciation.

Next time you are trying to decide where to make a certain purchase, consider supporting the businesses who made generous donations to our Century. They are: A & P, Branner Printing, Cassco Ice, Kroger, Mick-or-Mack, Red Front, Safeway, and Showalter's Orchard.

Lastly, thanks to all of you who brought the delicious baked goods for consumption--they are definitely the icing on a good century! However, we came up one batch of baked goods shy this year! Who out there forgot to make some?

Although only 1 out of every 5 cyclists on the ride were SVBC members, we gained 7 new members by the end of the day. Also, (hear this, Sue!) we sold 8 SVBC T-shirts. The remaining ones become more and more valuable by the day!

Only 2 riders didn't finish their ride and the only comments heard about the intermittent light rains were that it helped keep things cool. We also went through more coffee than ever.

Patches are on order and should be in soon. If anyone who ordered and paid for a patch doesn't see it within 2 or 3 weeks, call me.

---Art

## AND NOW, IT'S ART'S TURN...

Most of us who ride on SVBC rides forget that one person does most of the "begging" and scheduling, and that when the Century rolls around, one person coordinates that as well. Who, you ask, is willing to do all that? Art Fovargue (or Fovarone, as some call him). Art has tirelessly and uncomplainingly tackled the jobs of head of the Touring Committee and Century Committee for 3 years now. If it weren't for Art and his wife Kathy's hard work, we might not have any rides at all, and any success that we have with the SVBC Century largely is due to Art's efforts, planning and foresight. So, next time you see Art, give him a pat on the back for his invaluable contributions. And if you have a good, imported beer on hand, he would enjoy one of those, too!

## RIDE CALENDAR

### OCTOBER

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- 12-13 SAT-SUN Highland Retreat
- 16 WED "Impromptu Wednesday Nighter". 5:30 Kiester Elementary.
- 20 SUN "Discover Grottoes Ride". 1 PM. Meet at Eleanor's house, 1310 Crawford Ave. 25-30 miles, C pace. Leader: Eleanor Price (433-0539)
- 23 WED "Last Wednesday Nighter". 5:30 PM, Kiester Elementary. 10 miles, C pace. Dinner at Heritage follows. Ride Leader: Art Fovargue (433-9247).
- 27 SUN "No Quiche Ride". 7:00 AM, National Guard Armory. 100 miles, mountainous, over 4000' of climbing. \$2.00. Sag, maps. Patches available at extra cost. Definitely "A" ride. Dave Lewis (867-5363).

### NOVEMBER

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- 3 SUN "Impromptu Halloween Ride". 1 PM, Waterman Elementary.
- 10 SUN "Impromptu Veteran's Day Ride". 1 PM, Waterman Elementary.

\*\*\*There will be no more Monday night rides in Timberville until next season.

### TOURING RIDE CODE

CLASS A For strong, experienced riders, 25-100 miles at 14-22 mph pace. Few, if any, stops. Expect difficult terrain.

CLASS B Consistent pace, 15-60 miles at 12 to 16 mph average. Some hills 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.

No classification scheme is perfect. If you ever have a question about a ride, feel free to contact the ride leader.

### VOYAGUER

Hope everyone is getting in shape for the No Quiche Ride. This year will be better than ever, although the mountains are the same elevation, Dave says. Sag wagon will provide backup and transport and food you bring. Call Dave Lewis for any further info.

Most of the rides for the rest of the season will be of the impromptu variety. Those who show up decide distance(s) and route(s). Don't be timid, no matter what type of pace you ride--chances are there will be others there who ride a similar pace.

Involvement in club rides seems to be down. Some thoughts that have been tossed about are that we should have fewer rides, that we should have more diversity in rides, that we should have more ride leaders, etc. Do you have any thoughts on the subject? If so, let me know. Collar me at the October meeting, or give me a call.

---Art

### Bits and Pieces

\*\*\*Ray Miller and Mario Dennis served as judges for the annual bicycle rodeo held by the local Lions club. More than 75 local youngsters aged 6-14 competed for trophies, after riding surprisingly challenging courses. (Mario tried the 11-14 course--tough!). Entrants were judged on hand signals and bicycle control.

\*\*\*SVBC's Mark Nissley appears as part of an article on winter biking in West Virginia in the December issue of Bicycling magazine, now on sale. Check it out--looks like fun. Although, for the life of me I'll never understand why the December issue goes on sale in October. Oh well--that's journalism!

# RACING AND FAT-TIRE NEWS

by Craig Mauck  
Fat Tire Specialist and Racing Director

## RACING

Time Trials: First off--let me apologize to our time trialers for not getting results to the Newsletter editor in time to make it into the September issue. Preparing for races in New Hampshire, Pennsylvania and Massachusetts left things too scattered. Several riders have greatly improved their personal bests, but Jim Strang's course record from '83 remains secure at 22:17.

There were some errors in the July time trial results, with a few results left out and others misassigned. Please note below:

	July 9	July 16	July 23	July 30
Dennis Herr	23:16			23:09
Craig Mauck	22:50	23:15	23:01	22:30

### AUGUST TIME TRIALS

	6	13	20	27
1. Tim Wolters	28:08	28:09	28:30	
2. Dave Cary	27:03			
3. Larry Parker	28:41	28:09	28:50	
4. Mark Nissley	27:33			
5. Sue Rippy	26:36			27:11
6. Rodney Yankey	27:08	25:54		
7. Craig Mauck	22:30			22:45
8. David Frye	27:52			28:27
9. Tom Houff	25:44			25:01
10. Jamie Saith	24:00	23:51	24:42	
11. Dennis Herr	23:14	24:00		23:43
12. Keith Hershberger	25:23			
13. Jeremy Braun	28:23			
14. Chris Foote	27:41	27:19		
15. Larry Grossman	26:48			27:40
16. Keith Arnold		27:01		
17. David Longrove		27:24		
18. Billy Collins		24:46	25:09	23:50
19. Al Clague		25:21		25:15
20. Dave Lewis		25:46		
21. Ann Drumheller		33:38		
22. Bill Drumheller		26:50		
23. Mike Wenger			25:20	
24. Carol Felton				33:54
25. Ginny Cope				32:44
26. Sue Clague (DNF-Flat)				
27. John Cope				29:44
28. Joelle Austin				29:35

### SEPTEMBER TIME TRIALS

	3	10	17	24
1. Craig Mauck	22:50	23:10	22:40	23:3
2. Tim Wolters	31:21-flat	27:35		
3. Mike Wenger	25:16		25:12	
4. Wes Allen	27:17			
5. Mark Nissley	27:23			
6. Tracy Homan	25:40		25:30	
7. Michelle Curling	27:32			
8. Peter Mullen	28:51	28:21		
9. Chris Moran	27:30	27:54	27:12	
10. Sue Rippy	26:49	26:47		27:3
11. Billy Collins	23:49		23:48	
12. David Frye	28:17			28:0
13. Dave Lewis	25:18			
14. Sue Clague		29:14		
15. Joelle Austin		29:27	29:47	
16. Larry Grossman		26:22	27:09	28:1
17. Al Clague		24:55		
18. Mike Garst		26:44		
19. Dennis Herr		23:12	23:24	
20. Tom Spangler		30:31		
21. Tracy Collins			29:56	
22. Brenda Kiernan			26:48	
23. Joe Allen			23:59	
24. Steve Baker			27:14	
25. Jay Miller				27:1
26. Ron VanVliet				28:2

### Winchester Wheelmen 10 Mile Time-Trial

Sue Rippy and Craig Mauck returned to Winchester July 31 to try out their hilly ten miles again, with less wind this time, and his 23:39 (25.3 mph) was good for another course record (1:27 better than his earlier course record set June 26). Sue's 28:17 earned her 2 points for fourth overall, at 21.2 mph.

August 28, the dynamic duo travelled once again to Winchester for the last time trial of their '85 series and Craig's 23:58 was good for the best time, to clinch the Time Trial Series Championship with 15 points, and Sue turned a 28:48.5 to end up tied with four others for 9th overall, easily the fastest woman Winchester has ever seen.

September 14th marked the date of the Staunton Fall Fitness Festival Road Race on the Frank's Mill course, site of the annual Staunton 10-miler. The expert race entailed 3 laps of the hilly route (31 miles) and the novice race only one. Forty-five riders showed up and local riders acquitted themselves well. Sue Rippy won the Women's Expert race in 1:43:02, 5 minutes ahead of the next woman rider. In the Men's Expert race, a breakaway of 5 rolled off the front of the second lap and in the sprint, Craig Mauck (3rd in 1:21:38) and Dennis Herr (5th in 1:21:39) let Aaron Daily of Richmond get away for the win. Craig won the \$20 Hill Prime on the second lap. Dave Lewis took 2nd in the Novice race, 1 second behind the winner at 28:11. Michelle Curling placed 2nd in the Novice Women's race at 33:24, 2 minutes off the pace, and Sue Clague took 3rd.

Congratulations to Dennis Herr, who won the Roanoke Triathlon for the second year in a row, despite driving rain for the whole distance of 72 miles (2 miles swimming, 20 miles running and 50 miles on the bike). Dennis' margin was nearly 9 minutes!

### FAT TIRES

The first race in the Atlantic States Series, sponsored by NORBA, the National Off-Road Bicycle Assoc., Suntour and "Winning" Magazine took place August 10-11 in Plymouth, NH. The event was a stage race with a 2.5 mile time trial over a very gnarly course that resembled high speed trials, an Observed Trials section, and an 11-mile off-road race at the Mt. Tecumseh Ski Area. The latter included a mile climb on a grass-and-loose-dirt surface, a fast treacherous 1/2 mile downhill and wooded trails to the last downhill of 1/2 mile with water dams up to 2 feet deep bisecting the trail. Craig Mauck won the off-road race ahead of 54 other riders and 6 pros to prove that Veterans don't have to be slower, just older. Craig placed 3rd in the Time Trial and 5th in Observed Trials to place 2nd overall, missing a fancy \$600 Univega mt. bike by just one point. Uch!! Sue Rippy placed 4th in the Women's Time Trial and 5th in the Off-Road Race.

September 1st, the Atlantic States Series Championships were held in Somerset, PA on a sloppy 3 1/2 mile course with 7 laps making up a 25-mile race. A humbling 1/2 mile climb mostly on foot made the times slow, but West Coast pro John Loomis lead the field in 2:10:49. Craig Mauck survived a muddy high-speed downhill crash to finish 5th. Count 5 minutes lost just locating his glasses!

New England Fat Tire 3-Day Stage Race, September 6-9: Ross Bicycles sponsored another East Coast attempt at stage racing with Observed Trials, a Time Trial on a 2 1/2 mile course, and then 3, 5, and 15 lap races on the same course. A busy three days found the five-lapper being ridden in rain too hard to even find the course. The usual 3,000' killer climb blew out the undertrained and it took me (Craig) 3 laps just to get away from that animal, Women's Overall Winner, Jacquie Phelan. The 15 lapper is always a real test (38 bikes) and Craig Mauck placed 14th ahead of lots of pros and experts to place 1st in Veteran and 1st in the Expert categories. There were over 100 racers, and Joe Murray, National Champ, took home \$3000 for winning 3 of the 4 off-road events.

The much talked about Canaan Mountain Series in Davis, WV, wound up its 3-series season with trials competition and a "smashing" 40K race September 21-22. Area fat tire fans turn out for this one without fail as it always proves to be one of the most challenging fat weekends for both trials specialists and race enthusiasts anywhere east of the Rockies. "Fat" locals participating were Ray Miller, Rodney Yankey, Sue Rippy, Ed Gainer, Jeff Gainer, Randy Harper, John Gehman, Craig Mauck, Dennis Herr and Michelle Curling.

Saturday's trials competition gave Mike Russell of Pittsburgh a win followed closely by Craig Mauck. Pat Janda of Rockville, MD was third and John Hargadon of D.C. was fourth. Novice trials winner was Jim Anderson of the D.C. area. Sunday's 40K race winner was Art Shuster of Ashville, NC with a time of 1:54:40. Craig Mauck was second with a time of 1:56:34; John Hargadon of D.C. was third, 1:58:35; and Roger Bird of PA was fourth. Craig Mauck was also winner in the Veterans category (age 35+) with Dennis Herr second (2:12:18), and Sue Rippy fourth (2:35:26). Of the only five women participating, Susan Zavada of D.C. was first expert with 2:28:10; Sue Rippy first novice, 2:35:26 (Sue moved to Expert classification with this novice win); Susan Capelle of Morgantown, WV, 3:01:56; and Michelle Curling of H'burg, 3:08:26.

Congratulations to Craig Mauck for a great end to the Canaan Mountain Series, with second in trials and second in the 40K race (first Veteran), and congrats to John Hargadon of D.C., who rode off into the sunset on the overall winner's prize, a shiny yellow \$600 Cannondale mountain bike. Well earned, John!!

UPCOMING RACES

2nd Annual Tour de Montezuma: Saturday, October 19, 3 PM. The SVBC Club Road Race will be held Saturday, October 19, and will begin at the intersection of 738 and 257 west of Dayton (Time Trial course) and continue on 257 to Ottobine Store where it will proceed right on Rt. 613 into Cloverhill and turn right on 738 at the usual turnaround point for the time trials. The novice race will consist of one lap and the expert race will be two laps. Finish line will be the same as for the time trials. Anyone who has a time of 25:30 or better should ride the expert race. Prizes will be provided by SVBC and area shops. Entry fee will be \$1 for club members and \$3 for non-members

Ride to Rye Hill Poetry Reading: Sunday, October 20. This the 7th Annual Event. A ride leaving at 7:30 AM from the Chicago Ave. 7-11 store will follow a slow, scenic route along back roads, with an 11-mile downhill thrown in for good measure, to the site of our local peak of culture for 1985. Gather with kindred spirits for a beautiful day in the mountains. Pot luck dinner to follow. Group rides together, 35 miles.

SVBC Mountain Bike Rally: 3rd Sunday in November. This fat tire day will include a hill climb, down hill time trial and cross-country race all in one day. The site is being sought and details will appear in the November newsletter.



**SHE NANDOAH**  
**ALLEY BICYCLE CLUB**  
P.O. BOX 1014  
HARRISONBURG, VA 22801

**SVBC MEETING:**

*SWAP MEET*  
*7:30 - WELLNESS CNTR.*  
*MONDAY, OCT. 14*

VIRGINIA SHENK  
1015 S. COLLEGE AVE.  
HARRISONBURG/VA 22801



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