

THE SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

DECEMBER, 1985

ELEANOR'S WHEEL

WOW! Winter is here and so is the rainy season! Come to the December meeting--we are emphasizing mountain bikes!

A nominating committee has been appointed, which consists of Art Fovargue, Sue Rippy, Mario Dennis, and Virginia Shenk. If anyone else would like to help, please let one of the current members know.

Have a Merry Christmas and a Happy New Year!!

FIRST ANNUAL SVBC CHRISTMAS GALA

At the November meeting it was decided that we should have a Christmas feast of some sort or another. Christmas dinner at this late date, when everyone's free, we opted for a holiday brunch. So, the First Annual SVBC Christmas Gala is planned for Saturday, December 14, at 8:30 in the morning at the Heritage Restaurant. Craig has promised to play Santa Claus! So, if you think you would like to join us, call Art Fovargue (433-9247) as soon as you can (preferably before 12/10) so that we can get a head count and give the Heritage advance warning.

VOYAGEUR

Bundle up for the cold weather riding. Remember, the key word for cycling (or other outdoor activity) in cold weather is LAYERS. A wool (scratch, scratch) or polypropylene layer next to your skin, followed by many light layers is your best bet for keeping warm. Then as the day and/or you warm up, you can "unlayer" easily in steps to maintain a comfortable body temperature. Unless you are out cycling to push yourself and go hard, try to avoid overheating when riding in the cold, as it is all too easy to get chilled.

The Touring Committee meeting mentioned in the last newsletter was cancelled due to lack of attendants. The only people who could come were the same old faces, and that wasn't good enough. I wanted to get fresh ideas. So, the Touring Committee meeting will be in January, in the 3rd or 4th week. Date will be announced in the next newsletter. Keep this in mind if you would like to have any input in the 1986 SVBC touring schedule. Feel free to call me if you have any questions.

RIDES--The Touring calendar for December is impromptu rides Sunday afternoons at 1:00 PM. Meet at Waterman Elementary. Typically, if it is precipitating or the temperature is below freezing, the ride is canned. However, if you are crazy enough to ride in such adverse conditions, you might as well show up. There might be someone else of equal craziness.

---Art



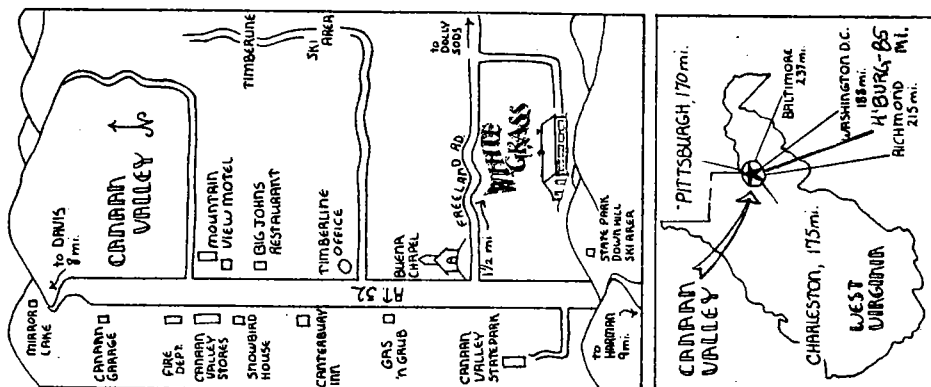
CROSS-COUNTRY SKI WEEKEND

Now that winter seems firmly entrenched, it's time to do some cross-training, and for some people, that means cross country skiing. Last year, several SVBC couples went to Blackwater Falls, 85 miles west from here in West Virginia, and enjoyed two days of X-C skiing and good fun. It was such a smash hit (pardon the term--there were no accidents) that at least four people have bought brand new X-C equipment in anticipation of this winter's skiing!

The current plan is to go to Blackwater Falls on the weekend of February 1st and 2nd. We will car pool, or drive separately, leaving Friday, January 31, staying two nights and then returning on Sunday. The drive takes about two hours through some beautiful countryside, and ends up in one of the nicest outdoor areas in the region. For those so inclined (sorry), there are Alpine slopes nearby. In all, there are three different sets of X-C trails within just a few miles of each other. There are often "headlight" tours at night. Lessons are available for a small fee, and equipment rentals are reasonable.

So, you are asking, just how much is this going to cost me? Less than you might think! Lodging at the Blackwater Falls Lodge (304-259-5216) is about \$50/night. Rentals are about \$20/weekend per person, and then of course, meals are extra. Alternative is available at the Mountain View Motel in Davis, WV. Sorry--I don't have their number yet. We are looking into the possibility of some other lodging arrangements, possibly getting group rates if enough people will commit themselves.

If you're having doubts about X-C skiing, just let me say that it's almost as easy as walking, and a whole lot more fun! None of us are "experts" (except maybe Art and Kathy), and the idea is just to get together and have a good time. So put your fears aside and join us! For more information, call Art or Kathy Fovargue (433-9247) or Maric or Mur Dennis (434-3521).



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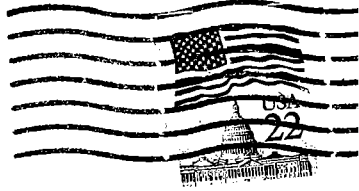
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BIKECENTENNIAL
BIKE BITS

IN 1903,
 AN ITALIAN-BORN CHIMNEY
 SWEEP NAMED MAURICE
 GARIN WON THE FIRST RUN-
 NING OF THE WORLD'S
 GREATEST BICYCLE RACE
 THE TOUR DE FRANCE.
 GARIN AVERAGED 15.8
 MILES PER HOUR
 DURING THE SIX-
 DAY EVENT AND FOR
 HIS EFFORTS
 WON 6,000
 FRANCS. IN THAT
 1ST RACE, ONLY 21
 OF 60 STARTERS
 FINISHED THE
 1,510 - MILE
 COURSE.

McDonnell

Bikecentennial, P.O. Box 8508E, Missoula, MT 59807



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

SVBC MEETING:

MONDAY, DEC. 9 - 7:30 PM
 VALLEY WELLNESS CENTER
 "MOUNTAIN BIKES"

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



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