

JUNE, 1986

JUNE MEETING: RIDE AND MEET

This month's meeting marks the beginning of a new SVBC tradition-- outdoor meetings. Throughout the summer we will be meeting at a local park, and will have a short ride an hour before the meeting. This month we will be meeting at Purcell Park at 7:00 PM. Those so inclined are encouraged to bring a picnic dinner. And don't forget--the ride begins at 6:00 from Purcell. See you there!

TOURING

Coming up at the end of June (Sunday, the 29th) is one of our big rides--the SVBC picnic. This year we have a new destination, Shenandoah Caverns, with two starting locations to suit different abilities. The initial start is at Waterman Elementary at 10 AM. The group will stop at Plains Elementary in Timberville about 11 AM to pick up riders there. There will be a van(s) to carry your food. At the Caverns, Ed Funkhouser will conduct a tour at a reduced rate for those interested. Be sure not to miss this ride--it will be a great one.

Presently there are 77 riders signed up for AGVITHH-V. It's only two weeks away, so get in your application now.

Eleanor Price has made a proposal for a new route for our Century in September. The start point, checkpoints and finish would all be in the same location in McGaheysville. There would be four, 25-mile routes which could be put together to form various tours. Eleanor will describe further at the next meeting. The clear advantages are that the checkpoint and start/finish are consolidated, and that it should be flatter. One disadvantage is that the old route has been all laid out. We will vote on this at the next meeting. If you'd like to get in your two cents on this, but won't be able to make the meeting, give me or Eleanor a call.

Bruce and I had an enjoyable "Bird Ride" May 21, after being rained out the week before. We saw mallards, the widgeon, kingbirds, goldfinches, bluebirds, and many cliff swallows at Lake Shenandoah, not to mention the resident mutant geese. Join us next time.

---Art

SKINNY TIRES

Skinny Tire Rides--Thursday evenings at 5 PM, interested riders show up at the bottom of Nichol's parking lot for a training ride that will include a ride up Reddish Knob, a trip to the course for the Staunton 10-miler, and routes specifically picked to help club riders prepare for upcoming events in the fast lane. Recent skinny tire travels have included flat, fast, wind-aided jaunts of up to 45 miles, hill after rolling hill out toward Weyer's Cave, cruises at speed through serpentine country lanes, spins to the Time Trial road, and in all cases any effort has been rewarded by wind-in-the-face thrills and improved cardiovascular functioning, at the least. Almost as fun as fat!

10-mile Time Trials are held every Tuesday, 3 miles west of Dayton on Rt. 257, and begin at the intersection of Rt. 257 and 738, just across the Dry River Bridge, at 6 PM.

RACING--The new and correct date for the 6th Annual Staunton 10-Miler on that hilly Frank's Mill course, will be June 22 at 1 PM. Categories will include Experts, Novices and Women. Helmets required. Entry forms at area shops. Entry fees: \$5/experts; \$3/novices & women.

USCF EVENTS--Virginia State Road Race: Sunday, June 8. Surry County, VA. Sign up at 7 AM, first race at 8 AM. Fee is \$5 per rider. Exact change, no checks, bring your USCF license. Hardshell helmets required.

Virginia State Time Trial Championships: Saturday, June 14. Shillelagh Road, Chesapeake, VA. Sign up at 6 AM; riders off at 7 AM (Ruritan Clubhouse). Fee: \$5/rider. Same rules as above, including required hardshell helmets. Info on USCF racing: Gerald Teeuwen--(804)547-7188 (days); (804)547-7905 (evenings, BEFORE 10 PM).

FAT TIRES

FAT TIPS--Long pants are de rigeur for briar thrashing. Save the shiny stuff for the road or for fall fat riding. Any young snaggle can beat any \$80 Lycra wonder, any day.

**Keep the rubber side down.

**Recent tests with a cycloid middle ring show no problem with chain retention and continuous engagement/assurance.

**Look for exotic tread patterns for '86, put your mark on the trail.

**Don Ross, editor of Fat tire rag "Ridgerider", welcomes submissions on any aspect of FAT. P.O. Box 285, Stone Ridge, NY 12484 (914)687-7335.

As nice a ride as one could hope for to the old swimming hole at Hearthstone Lake took place last month. The water was above freezing and the wildflowers were in their splendor. Locust blossoms perfumed the air. Later on, a whiz to New Market and over to Camp Roosevelt on the 9-mile downhill made for an easy run along the river from Fort Valley to Front Royal. Honeysuckle sponsors the scents nowadays. Breathe deep and tast the essence of Spring.

The Canaan Mountain Series 25K and Trials will take place the 3rd weekend in July with the race going off about 10 AM, Sunday, and trials on Saturday. Food provided by White Grass Cafe, natural foods and beverages. Informatio: write Blackwater Bikes, Davis, WV.

LOCALS SWEEP CANAAN

Once again, FAT SVBC members and FATTER locals participated in the Canaan Mountain Bike Series in Davis, WV, May 17-18. Mingling among the FATS from 8 states were Ray Miller, Joelle Austin, Sue Rippy, Rodney Yankey, Craig Mauck, Michelle Curling, and Tom "Coma" Cary.

Trials wizard, John Hargadon of Washington, DC, making "endos" look pleasant, accumulated the least points in advanced trials competition, followed by Mike Russell of Pittsburgh, PA. Crig earned 5th place in an area of mountainbiking that has to be seen to be believed! Coma braved the intermediate sections, placing 6th, and Michelle's first try earned her a 3rd among the women's novice group.

Fifty riders lined up on Davis' Main Street for a "LeMans" start of the this year's 15K Cross Country Enduro. The winner was "Crankenstein", Craig Mauck, in an incredible 42:00. John Hargadon was 2nd, by a second, and after dust cleared, in rode Fat Janda of Washington, DC (45:02), Sam Dyke of Morgantown, WV (45:05), and Gene Bell of Bristol, VT (45:16). Craig was also mentioned as being 1st Veteran.

Rodney Yankey's fast cruisin' earned him a 3rd place among the large Sport division of this year's rougher, ruttier, rattler, with a time of 48:50, which was good for 7th finisher. Coma took the scenery seriously, arriving at the line in 1:01:49, and it was Ray's turn to stand by and watch the pack bump over the hill with his fat flat in his hand.

The women's division resulting in Sue swimming for 2nd place (16th finisher, 54:45) in the great wave of Morgantown's Susan Cappelle (54:04). Michelle and Joelle arrived just as ruffled in 1:01:06 and 1:08:00, respectively. Sue was also mentioned as 2nd place Veteran.

GRAND time!

--Sue

TIME TRIALS--MAY '86

	MAY 6	13	20	27
Tim Wolters	29:09	R	R	
Chris Moran	28:30	A	A	
Ray Miller	27:00	I	I	27:17
Rodney Yankey	26:16	N	N	
Mike Wenger	24:36	E	E	22:45
Craig Mauck	23:47	D	D	24:30
Bill McCarrick		O	O	31:14
Larry Parker		U	U	
		T	T	

RIDE CALENDAR: JUNE-SEPTEMBER

Wednesday, June 4. "Strawberry Shortcake Ride." 6:00 PM, at Dave & Mary Lu Lewis' house (call for directions.) Ride 10-15 miles, then sit down to numerous and delicious strawberry concoctions by Mary Lu. If it rains, skip the ride but meet at 7:00 PM for strawberries. Ride leader: Mary Lu Lewis (867-5363)

Thursday, June 5. "Wednesday Nighter". 6:30 PM, Plains Elementary School, Timberville. Call Ray Ritchie (896-2913) for info.

Saturday, June 7. "Infirmity of the Mind and Purification of the Body" and breakfast. Shoney's parking lot (new location). Back by popular demand--ride to top of Massanutten and return. Meet at 7:00 AM for breakfast, ride will leave at 8:00 AM. About 25-30 miles, C+-B pace. Rain date: Sunday, 6/15. Ride leaders: Dave & Nancy Cary (886-7988).

Monday, June 9. "Poker Hand". 6:00 PM, Purcell Park, Monument Ave. parking lot. Ride for an hour before the meeting--find out what a poker hand is! Ride leader: Bruce Werner (433-8977).

Thursday, June 12. "Thursday Nighter". Timberville. See June 5.

Friday-Sunday, June 20-22. "AGVITHN-V". Harrisonburg, VA to Harrisburg, PA. 210 miles. Stay overnight in college dorms. Limited to 100 riders. Go to local bike shops for info/applications or call Donna Werner (433-8977) or Art Fovargue (433-9247).

Sunday, June 29. "Shenandoah Cavern Picnic". 10 AM, Waterman School, Harrisonburg; or 11 AM, Plains Elementary School, Timberville. 50/25 miles, round trip, 12 mph average. Bring food for picnic, a van will take it to the Caverns. Cavern tour at reduced rate. Ride leader: Ed Funkhouser. For info, call Art Fovargue (433-9247).

Thursday, July 3. "Thursday Nighter". Timberville. See June 5.

Thursday, July 10. "Thursday Nighter". Timberville. See June 5.

Sunday, July 13. "Skyline Drive". Meet at Swift Run Gap, 7:30 AM. Leader: Bruce Werner (433-8977).

Monday, July 14. Meet at 6:00 PM for ride before monthly meeting.

Saturday-Sunday, July 26-27. "Bando Overnight". Camp out on Skyline Drive. Nancy and Dave Cary (886-7988).

Sunday, August 3. "Bike Aid". Ride to meet cross-country riders on Bike Aid '86 Tour.

Wednesday, August 6. "Fudgeberry". Evening ride folced by ice cream, fudge, and berries. Also included: A tour of Al and Sue's rabbit-ravaged garden. Al Clague (433-3241).

Thursday, August 7. "Thursday Nighter". Timberville. See June 5.

Monday, August 11. Meet at 6:00 PM for ride before monthly meeting.

Thursday, August 14. "Thursday Nighter". Timberville. See June 5.

Saturday, August 16. "History Ride". 20 miles, C pace. Picnic where George Washington ate lunch. Art Fovargue (433-9247).

Sunday, August 24. "Winery Ride". 10 AM, Plains Elementary School, Timberville. Ride to Shenandoah Vineyards in Edinburg. Leader: Ray Ritchie (896-2913).

Monday, August 25. "More In Firmity or Infirmity". Up over Massanutten, the clock wise route. 5:30 PM, Spotswood elementary. 25 miles, B pace. Rain date: 9/8. Leader: Art Fovargue (433-9247).

Saturday, August 30. "Breakfast Ride". Possibly Timberville Quick-Lunch. Rain date: 9/6. Art Fovargue (433-9247).

Sunday, September 14. "Reddish Knob Ride".

Sunday, September 21. "Worker's Century".

Sunday, September 28. "SVBC Century".

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 12-16 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. Frquent stops, mostly easy terrain. Less than 10 mph average.

CALL FOR DIRECTIONS

6
17-18 MI

C PACE

137A

SVBC RIDE CALENDAR--JUNE-SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4 STRAWBERRY RIDE	5 TIMBERVILLE	6	7 MASSANUTTEN/SHONEY'S	8 JUNE BEGINNER OR NEW MARKET RIDES
9 CLUB MEETING/ RIDE	10	11	12 TIMBERVILLE	13	14	15 R.D.
16	17	18	19	20	21 AGVITHH V	22
23	24	25	26	27	28	29 SVBC PICNIC-SHENANDOAH CAVERNS
30	JULY	1	2 TIMBERVILLE	3	4	5
6	7	8	9 TIMBERVILLE	10	11	12 SKYLINE DRIVE
13 CLUB MEETING/ RIDE	14 TIME TRIALS	15 PIZZA @ BRIDGEMATR	16 TRAINING RIDES	17	18	19
20	21	22	23	24	25 SKYLINE DRIVE	26 OVERNIGHT
27	28	29	30	31	AUGUST	1 BIKE-AID
2	3	4	5 FUDGE BERRY	6 TIMBERVILLE	7	8
9	10	11	12	13	14 TIMBERVILLE	15 HISTORY
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	OCTOBER				

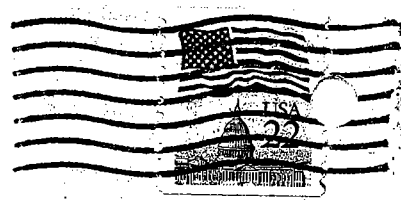
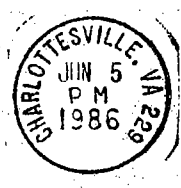
Downna
6:00 RIDE
7:30 MEET

RAY R.
RAY M.
BRUCE
DOWNNA
DAVE
SUE R.
SUE C.

434-6262
GEORGET.
828-6918

ELEANOR
AL
MARIO
GEORGE ✓

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



SVBC MEETING:

PURCELL PARK-MONDAY JUNE 9
RIDE: 6:00 PM
MEET: 7:00 PM

BACK ALLEY BIKES AND MARK'S BIKE SHOP GENEROUSLY
CONTRIBUTE TO THE COST OF THE SVBC NEWSLETTER
