

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

JULY, 1986

JULY MEETING: ANOTHER POKER HAND RIDE

You enjoyed it the first time, so we'll do it again! The ride starts at 6:00 PM, and leaves from Purcell Park. Bring 50-cents to be eligible for the winning hand! The ride itself will be at a "C" pace, and will only be 10-12 miles. Stick around for the meeting, to follow at 7:30.

SKYLINE DRIVE OVERNIGHT RIDE

Come join us for the ride and the camping. The sag wagon will take your camping gear, food, etc. and you can travel light. We will load at 9:00 AM at the Valley Mall lot next to Dominion Bank parking lot, and riders should be on their way by 9:30. It is about 42 miles from Harrisonburg to Dundo Campground (Campsite C). There is a big hill (I swear, folks, they're calling Swift Run Gap a "hill", not me. Ed.) up to Swift Run Gap, and then several ups and downs (sic) as you head south on the Drive.

The campground is only 3 miles past the Loft Mountain facilities, which include a campstore and a restaurant. Thus, it would be possible to buy your food there, or even dine out rather than simply eat out. There are no scheduled events for the evening, but a couple of possibilities are the "There's-a-bear-in-the-campground-time trial", and the auctioning of the sleeping places in the van.

If you would like to shorten the ride, you could start at any of several places along the way, including Swift Run Gap, or, for that matter, Loft Mountain. Let us know and we can probably arrange to meet you to pick up your gear.

Dave and Nancy Cary
886-7900

SKYLINE DRIVE PICNIC RIDE

How about seeing the Blue Ridge, a forest fire site, and enjoying a picnic all in one ride? Sounds great, right? Then join me for a ride south on the Skyline Drive from Swift Run Gap (milepost 65.5) to Brown's Gap (milepost 83) for a picnic lunch and much deserved rest. A sag will carry your lunch cooler to Brown's Gap. Also, a store and snack bar is open at Loft Mountain Wayside just past milepost 79, for those who need a break. Around milepost 77 we can check out the spring forest fire site and get a breather from the substantial ups and downs. Be sure to bring 50-cents entry fee to SNP Skyline Drive for all bicycles.

We will start at Route 33/Swift Run Gap. Park at the pull-off along the eastbound lane. Cycle onto the Drive to avoid \$2.00 auto entry fee. Time and date is 10:00 AM, Sunday July 20. (Note: the date has been changed since last month's Newsletter. Correct date is July 20, not 13). Pace will be "C", but it is in the Blue Ridge Mountains so bring low gears! Call ride leader Bruce Werner at 433-8977 if you need or can provide transportation from Purcell Park startpoint, 9:00 AM.

SALUTE TO SUMMER CENTURY

Eleanor Price guarantees this to be a flat ride, and even challenges you bring your level. Meet at McGaheysville Elementary School, 7:30 AM Sunday, August 10. This ride consists of four 25-mile loops, each one returning to the starting point so you can put them together for any length. If you plan on riding the September Century, come out for this one too, so you can compare them. Perhaps we'll use this route for our 1987 National Century. Ride will go, rain or shine. Maps and patches (at cost) available. There will be a sag with water. Eleanor will drive or will be glad to share sag chores with anyone who would like to volunteer. Eleanor says there will be "very valuable prizes" given to those who complete all four loops.

TOURING

AGVITHH-V was a success. Hopefully, you saw the articles in the Daily News-Record. There's not much I can add to what was said there. Club members Dave and Nancy Cary, Mario Dennis, Art Fovargue, Ed Funkhouser, Norm Gulliksen, Allen Ours, Steve Parsons, Eleanor Price and George Trimble all rode, so if you want further detail, corner one of them. Thanks to all club members who helped out in organizing the ride, especially Donna Werner who spent many hours dealing with many headaches from dealing with details. Give Donna your appreciation next time you see her.

The SVBC picnic to Shenandoah Caverns was enjoyed 30 members and friends, of whom 21 cycled all or part of the way. This 21 included Mark Werner, who may have been the youngest club member to ride in an event. (Note: Beth Phillips record as youngest club member to ride along on a ride still stands, however she used a bugger.) Gratitudes to Ed Funkhouser for organization and cavern tour, and to Mrs. Funkhouser for a delicious chocolate cake. Water from the sag was always welcomed in the 80+ degree heat.

The Club is sponsoring two centuries this year. The first will be August 10 (details elsewhere), and then on September 20 we will have our 4th Annual Shenandoah Valley Century. This year riders will have the opportunity of riding for St. Jude's Children's Hospital by seeking pledges for miles ridden, if desired. In order to get an early start, we'll have a first planning get-together on Thursday, July 24 at our house on Monument. If it's not raining, bring a lawn chair or blanket. Come on over and help make this year's ride the best yet. If you want to help but can't make the meeting, give me a call at 433-9247.

Note: two of the rides scheduled for July have been moved back a week. Be sure to take plenty of water along, and drink it, as you ride in the hot weather. Don't overdo it.

--Art

WOMEN BACK FROM CANADA

Sue Rippy and Joelle Austin journeyed to Coteau du Lake, Quebec, site of the 7th Tour Rayon Alpha stage race. Sue was the cumulative time winner of the Veteran Femines category of the 5-stage, 4-day race which included a 34-mile road race (1st); a 33-mile road race (3rd); a 48-mile road race (1st); and an 8-mile time trial (2nd); and a criterium around the Coteau du Lac (1st). Sue was most successful on the road, picking up a 9-minute lead after 48-mile road race the second day. Men's distances were longer for each event, and categories were broken down by age 35-44, 45-54, 55+; women were separated 18-34 and 35+. Around 200 cyclists from all over the USA, Canada and Europe turned out for this nationals qualifier for Canadian cyclists. Joelle acted as technical support crew, interpreter, cook, photographer, buddy and goodwill ambassador, showing off Gene Bell's Fat Chance, which, by the way, some Canadians had never even heard of! Unheard of!

---Sue

CORRECTION

Michelle Curling was tied for 1st place in Women's Novice Trials at the Canaan Mountain Series in May, rather than the third place, as reported. Sorry, Michelle.

NOTES FROM AROUND...

MIDNIGHT WADNESS--See how far you can ride for Special Olympics. 11:00 PM, July 19. Valley View Mall, off I-581 at Hershburger Road in Roanoke. For info, call John Greiner (H: 703-890-4771/W: 985-5000) or Don Sowers (H: 345-1233/W: 342-3461).

RAAM UPDATE--The Race Across America will be heading through this area in mid-July. The Winchester Wheelmen will be heading up Time Station #67, located at the Boyce Volunteer Fire Station on Rt. 340 in Boyce, VA. If you want to help out on the 14th, 15th, or 16th, call Bruce Santilli (H: 703-667-6703/W: 665-2260).

JMU BIKE WEEK/WEEKEND--The ever-popular JMU Bike Week returns July 20-27 and July 25-27. For further information call 298-9621. Rides are from Gear 77 and 79.

RACING NEWS--SKINNY TIRES

Sue Rippy, riding in the Senior Women's division, placed 6th at the State Road Race Championships, held in Surry, VA. Just a week later, she and Craig Mauck traveled to the Virginia State Time Trials, held in nearby Chesapeake. Craig placed 3rd (out of a field of over 200) in the Veteran (35-44) category with a time of 59:06:96 minutes for 40K. Sue placed 2nd in the Veteran Women's 40K race with a time of 1:07:05.

TRAINING RIDES--These fast-paced rides rendezvous at the lower end of Nichol's parking lot on South Main, at 5 PM on Thursdays, for distances of 20-50 miles, with group input the main aspect to determine the route chosen. Improve your speed and endurance with regular cardiovascular workouts. Come prepared to sweat!

FAT TIRES

4th Annual "Mountain Bikes in the Mountain State"--will take place July 11,12,13 at Elk River Touring Center in Slatyfork, WV. The 3-event stage race includes a 10K hillclimb on Saturday morning, with Observed Trials held in the afternoon. Sunday features a 25K Cross Country race and early arrivals can ride the many local trails on Friday. Entry fee for all 3 events, free camping, live entertainment on Saturday night and refreshments is \$30. Helmets are required.

Canaan Mountain Series (Part 2)--July 19-20 are the dates for the 2nd part of the Canaan Mountain Series '86. The events will include Observed Trials on Saturday, with a 25K Cross Country race kicking off at 10 AM on Sunday. Entry fee is \$9 each event, \$10 for a long-sleeve T-shirt. Food will be offered by White Grass Cafe, a mobile natural foods vendor from Freeland Road. Free camping near the course.

Fat tire--Social--Coma held a pre-jamboree party, Saturday June 28, attended by about 60 folks, but only 10 felt up to the ride over to Rawley on Long Run Road on Sunday for a dip at Blue Hole and coolers filled with beer and sandwiches. Coma and Mark Nissley suffered flats, mercifully near the end of the downhill on 2nd mountain. Ron Smith topped out 3rd and inspected the bushes at least once in discovering the joy of off-road camaraderie. Those of you who missed the occasion have no one to blame but yourselves. Plan to make it next year! Keep fat!

FAT TIPS--An old toestraps can keep your pump with you on those washboard downhill sections.

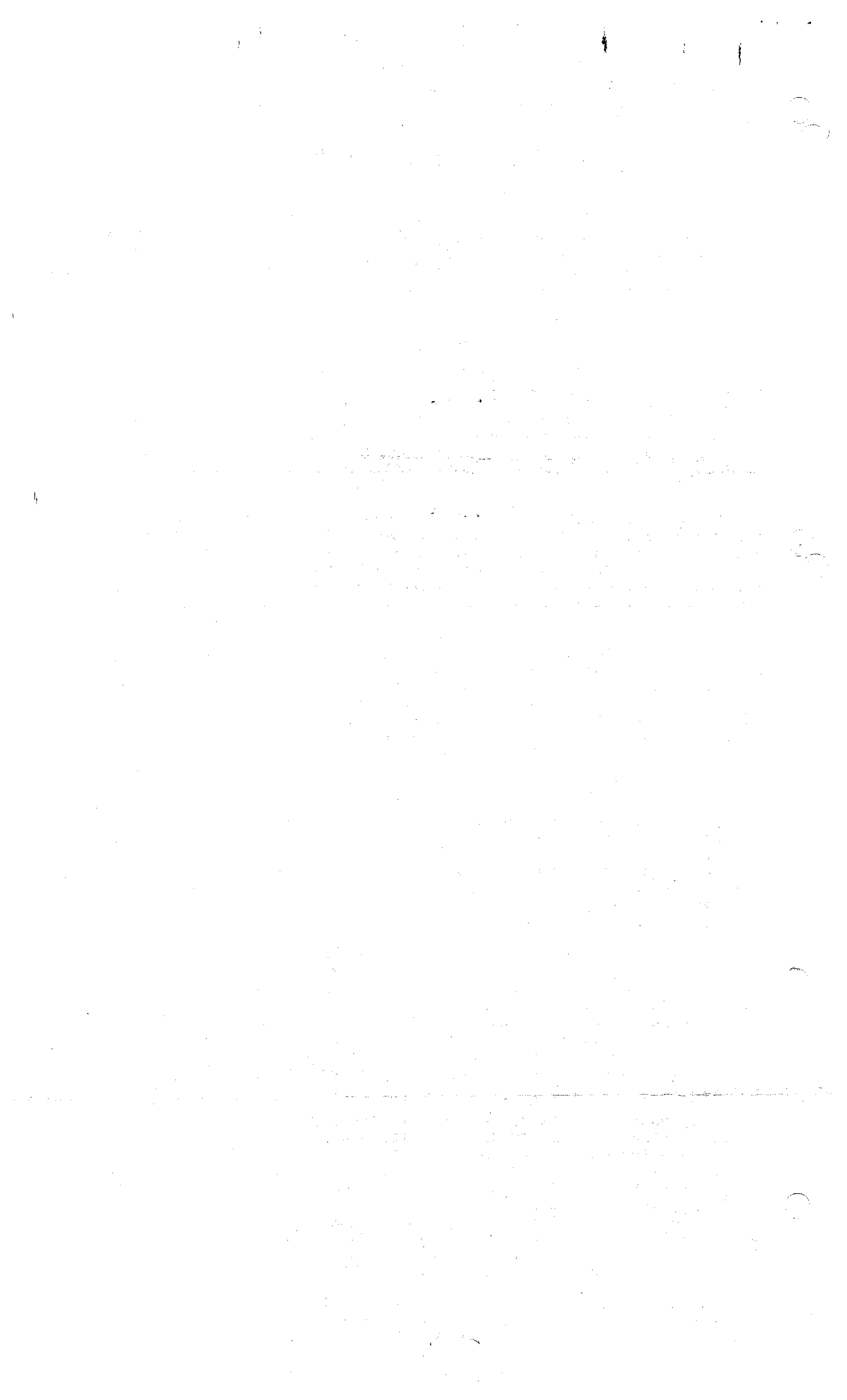
****A light grip with the forefinger always gripping the bars during braking is better than the white-knuckle style, to help avoid numb hands on steep descents.**

6TH ANNUAL STAUNTON TEN-MILER

June, 1986 saw 19 riders scramble to ride the hilly country west of Verona. Joelle Austin jammed 34:58 to lead the ladies. Craig Mauck led in the experts in 26:37, with Bill McCarrick 3 bike lengths back. Novice winner Stephen Paulsen hung on at the front for 9 miles, only to be dropped in a surge by McCarrick. Prizes went to 5 places in Expert and Novice Classes. Overall finishing order (N=Novice; E=Expert; W=Women):

1. Craig Mauck	26:37 (E)	11. Mike Garst	28:18 (E)
2. Bill McCarrick	26:39 (E)	12. Steve Baker	29:00 (N)
3. Stephen Foulson	26:45 (N)	13. Sue Rippy	30:27 (W)
4. Rodney Yankey	27:30 (N)	14. David Frye	30:30 (E)
5. Jamie Smith	27:30:01 (E)	15. Larry Grossman	31:05 (E)
6. Ray Miller	27:30:02 (N)	16. Joelle Austin	34:58 (W)
7. Al Clague	27:40 (E)	17. Sydney Jackson	35:38 (W)
8. Tim Wolters	27:44 (E)	18. Ed Gainer	35:42 (N)
9. Mike Miller	28:00 (N)	19. Larry Parker	36:18 (N)
10. David Lovegrove	28:10 (E)		

Thanks to Louis "Pete" Mauck for pace car duties and timing chores, to Janice Miller, Larry Nuckolls and company for road guard work, and to all the riders who made it happen.



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

Sunday, July 20. "Skyline Drive". Meet at Swift Run Gap, 7:30 AM. Leader: Bruce Werner (433-8977).

Wednesday, July 23--"Pizza at Bridgewater". 6:00 PM, meet at parking lot in front of elementary school (Pt. 42/Dinkel Ave.). 15-20 miles, mostly flat, C pace. Meet at Bob-A-Kea's after ride for dinner. Ride Leader: George Trimble (828-6918).

Saturday-Sunday, July 26-27. "Bundo Overnight". Camp out on Skyline Drive. Nancy and Dave Cary (884-7988).

Sunday, August 3. "Bike Aid". Ride to meet cross-country riders on Bike Aid '86 Tour. Call Mario Dennis (434-3521) for info.

Wednesday, August 6. "Fudgeberry". Evening ride followed 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.

Sunday, August 10. "Summer Century". McShaysville Elementary School, 7:30 AM. Call Eleanor Price (433-8539).

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. "Vinery 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 Infirmitiy". 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. Frequent stops, mostly easy terrain. Less than 10 mph average.



JUNE TIME TRIAL RESULTS

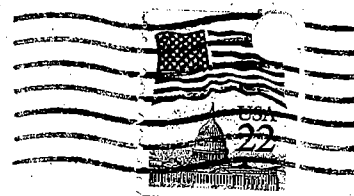
	6/3	6/10	6/17	6/24
Joelle Austin	26:50		30:58	32:30
Sue Rippy	27:12	28:59	27:47	28:54
Tim Wolters	29:04	27:22	29:25	28:19
Craig Mauck	25:16	22:55	23:57	23:06
Bruce Werner	25:55	25:16		
Al Clague	25:23		25:23	26:31
Steve Baker	26:48		27:46	
Mike Garst	26:07		26:59	27:26
Ray Miller	26:12		27:27	
Bill McCarrick	23:18		24:03	24:32
Dennis Herr	24:22	23:33		
Dave Cary		25:05		
Randy Harper		25:21		
Mike Miller		26:32		27:39
Sydney Jackson		28:12		
Derrick Payne		33:50	35:24	
Ed Gainer		27:17		
Mike Wenger		24:33	25:15	26:20
Larry Grossman		27:21		28:26
Dave Frye		26:36	28:10	28:26
Larry Parker			33:24	30:12
David Patterson			30:36	
Jamie Smith			25:49	25:52
Larry Nuckols				31:15

SVBC RIDE CALENDAR: JULY-OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	JULY ↑	1	2	TIMBERVILLE ³	4	5
7	TIME TRIALS	8	9	TIMBERVILLE ¹⁰	11	12
14	CLUB MEETING/ RIDE	15	16	TRAINING RIDES	18	19
21	TIME TRIALS	22	PIZZA @ BRIDGEWATER	24	25	SKYLINE DRIVE ²⁶
28	CENTURY MEETING	29	30	31	AUGUST	BIKE-AID ³
4		5	FUDGE BERRY ⁶	TIMBERVILLE ⁷	8	9
11	CLUB MEETING/ RIDE	12	13	TIMBERVILLE ¹⁴	15	HISTORY ¹⁶
18		19	20	21	22	23
25	MASSANUTTEN	26	27	28	29	TIMBERVILLE ³⁰ QUICK LUNCH
SEPTEMBER	1	2	RIDE ³	4	5	6
8	CLUB MEETING	9	10	11	12	13
15		16	17	18	19	20
22		23	24	25	26	27
29		30	OCTOBER RIDE/DINNER ¹	2	3	4
6		7	8	9	10	11
13		14	15	16	17	18
20		21	22	23	24	25
27		28	29	30	31	NO QUICHE RIDE ²⁶

SHE NANDOAH
ALLEY BICYCLE CLUB

P.O. BOX 1014
HARRISONBURG, VA 22801



**SVBC
MEETING:**

PURCELL PARK-MONDAY JULY 14
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
