

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

AUGUST, 1986

AUGUST MEETING: ON-THE-ROAD REPAIRS

Mechanical break-downs on the road can ruin your ride, and we've all had to limp home at one time or another after suffering a broken cable or a wobbly wheel. Rodney "Mr. Goodwrench" Yankey, who claims to have experienced more than his share of such disasters, will demonstrate some simple emergency repairs that can get you home. Before the meeting, we will have another "Poker Hand Ride", which, if you've never tried, adds some extra fun. Meet at Purcell Park at 6:00 for the ride, 7:30 for the meeting, Monday, August 11.

CONGRATULATIONS TO ANOTHER SVBC MEMBER!

Our foreign (Wisconsin) correspondents, John and Debbie Phillips are the proud parents of the newest SVBC member, Katherine Harp Phillips, born June 25, and weighing in at 8 lb., 11-1/2 oz (for those of you who keep track of those things). John reports that labor went "fast and smooth", and Beth loves being a big sister. We extend our best wishes to John, Debbie, Beth and Kate, and anticipate that they'll have to buy another bugger now. If you'd like to send a note to the Phillips, address it to: John & Debbie Phillips, 533 River Falls Drive, River Falls, WI 54022.

SVBC CENTURY

Donna Werner, Sue Rippey, Ray Miller and Art Fovargue got together July 31 for preliminary planning the this year's century, plus all the watermelon they could eat. This year's century is also being listed as a Bike-A-Thon for St. Jude Children's Hospital, hence the official name this year is "Shenandoan National Century and St. Jude's Children's Hospital Bike-A-Thon." The registration fee is still \$4.00 (\$5.00 after 9/24), one of the best deals you'll see for a century ride with the type services we provide. To take part in the Bike-A-Thon, riders obtain sponsors to pledge a certain amount per mile. Participants do not have to obtain sponsors to ride in the century, but by doing so they aid a very worthwhile organization. Sponsor sheets will be available at local bicycle shops.

The route will be the same this year as last year, with the start again in Westover Park and the checkpoint in Bridgewater. Route segments can be combined for 25, 50, 75 or 100 miles; or even for a metric century, 62 miles. The century is the last Sunday in September this year, with the start time for 100 miles at 8:00 AM, and 10:00 AM for 25 and 50 mile loops.

Much needs to be done for the century, and we need more people willing to lend a hand. Some of the tasks to be accomplished are mailings to past riders, mailings to bike shops, media contacts, paint arrows, put up posters, and obtain food and supplies. In the past, much food was obtained by donation through the efforts of one individual. This is an extreme amount of work for one person, and so

to spread out the load this year, we are asking each member to secure one donation. This can be from the store where you shop, or elsewhere. So we don't overlap, Art Fovargue will act as a clearinghouse. If you can assist us here, give Art a call. Also, we need volunteers to work the day of the ride (half or full day) and as sag drivers. Lastly, and put this on your calendar now, we need each and every member to donate a baked good of some sort--the spread at the end of the ride is our claim to fame.

The next meeting of the century committee will be Thursday, August 14 at 7:00 PM at Art's house (210 Monument). Call if you want to help but can't make it. Bring your lawn chair.

SPEND A WEEKEND BEHIND BARS

Sounds awful, right? Wrong! The American Lung Association of Virginia (ALAV) is planning their 1986 Bike Trek for October 10-12. This is a fund-raising ride, but with a difference--if you submit at least \$200 in contributions from sponsors, this is what you get in return: Lodging (Fri/Sat) in Williamsburg (each room has a whirlpool!), breakfast and lunch (Sat/Sun) plus an Italian feast on Saturday evening, a round-trip ferry ride to Surry and back, sag and support, a T-shirt, and some excellent cycling through the Colonial Williamsburg-Jamestown-Yorktown-Chippoakes Plantation area. Cyclists who raise the most funds are eligible for prizes and gift certificates. Sound tempting? Then give Rose Garrison a call at 434-4385. Even if you put up the money yourself, this is a good deal for a cycling weekend!

TOURING

August has a large variety of rides for SVBC members. These range from short, easy paced jaunts with eating as the main theme, to a century, and include a hill climb, breakfast ride, winery tour, and history ride. A pace to fit all needs. So, check out the ride calendar, and mark those that fit your style.

Looking for a ride leader for September 10, Wednesday night ride. Let me know if you have a ride in mind you'd like to see the club do.

Remember to drink lots of water. See you at the rides.

---Art

FAT TIRE NEWS

July 19-20: Another Canaan Mt. Series Weekend found local FATS back for more. Joelle Austin, Ray Miller, Rodney Yankey, Tom Cary, John Eckman and Sue Rippy survived the mud bath once again. Sue and Joelle rode Saturday's Novice Trials; Sue, 2nd and Joelle, 4th. All entered the cross-country (30K) race on Sunday. Sixty-five started, resulting in another win by Washington's John Hargadon in a time of 1:43:25. Sue was 2nd woman in 2:17:15 (18th overall). Joelle, John and Coma must have packed a lunch, and Ray and Rodney took one those shortcuts (slightly off course) we've all taken on occasion.

"Mountain Bikes in the Mountain State": The 4th Annual "Mountain Bikes in the Mountain State" happened July 12-13 at Slatyfork, WV. Odd situations were the rule as novices beat experts, intermediates beat experts, and the T-shirts were really nice. Craig Mauck took 2nd in the 10K Hill Climb, 3rd in the XC race of 25K, and 5th in the Expert Trials. Sue Rippy placed 2nd in all her events. There were a total of 50 riders participating.

"Snowshoe Mountain Bike Endurance Challenge"--August 2: For a real change of pace in the prize-poor fat tire world, the Snowshoe Ski Resort offered a 1st place overall prize worth over \$700 at its 10K+ Mountain Bike Endurance Challenge. When the dust settled and the tequila hit bottom, Craig Mauck, SVBC Fat Tire Specialist walked off with the booty: a 5-day, all expense paid vacation for 2, a gift certificate at a restaurant of choice for 2, a signed, numbered lithograph of the logo Snowshoe Rabbit, several T-shirts, and a trophy, compliments of the sponsor, Budweiser. 1st--Craig Mauck (39:18); 2nd--John Hargadon (41:54); 3rd--Pat Janda (43:45); 13th--Sue Rippy (1:00:13).

SKINNY TIRES

Antisocial--On July 16, the irresistible force, Dennis Herr, met the immovable object, a blind motorist, in front of Burger King on Market Street. The bike died but Dennis is recovering. Best wishes to our local ironman for a fast get-well.

Rain Date Policy--After two of five possible Time Trials were rained out in July, a rain date policy will be in effect from now on. Meaning: if the regular Tuesday time slot is rained out, then show up Wednesday evening at 6:00 PM for a second shot at a fast 10-miler.

Trexlertown Trip--Or, "How to Enjoy 10 Hours of Driving for 4 Hours of Fun". David Frye and Craig Mauck took a road trip July 25 So the Lehigh Valley Velodrome to watch the Coca-Cola Invitational Sprint Tournament. The venue included 16 events with world-class trackies such as Nelson Vails, Shawn Wallace, Mark Whitehead, and Connie Pavoskevin being featured in sprint events that ranged from 333 meters to the feature event which was an incredible 80-lap points race. In the Points race a group of 3 riders jammed hard for 20 laps to lap the field and then sat in to chase down breakaways. Watching a rider wind up his gear during a chase is pure visual thrills as the rythm of the accelerating rider blurs while those spinning slightly slower seem to slide backwards on the banking of the opposite straight. Speed close to 45 at the line, and several photo finishes were contested that Friday night. A real must for a club road trip. Interested parties may approach David or Craig with sweaty palms.

Social--Gene Bell of the Winooski Bike Shop in Vermont blew into town with his healing collarbone to lead the training ride July 24 on his new blue Marinoni. He and Craig climbed up Reddish Knob the 27th to inspect the new macadamized surface in anticipation of the Hill Climb Party which takes place September 7. Interested riders will meet at the Hone Quarry turnoff for signup on Sunday at 1:00 PM. The ride will begin at the bridge there on 257 and will end up at the top of

Reddish Knob. Food and drink will be provided and prizes will be awarded for best times in 2 classes--expert and novice. A low gear of at least 50 inches is recommended. Bring friends, family and curious parties.

TIME TRIALS FOR JULY

	1	8	15	22	29
Craig Mauck	R	22:27	22:50	R	23:10
Dave Cary	A	26:21		A	
Dave Frye	I	27:17	27:27	I	27:41
Tim Wolters	N	27:52	28:58	N	28:20
William Anderson	E			E	30:21
Bruce Werner	D	27:04		D	
Sue Rippy		26:06	26:23		27:21
Mike Garst	O	25:59		O	26:10
Jamie Smith	U	24:53	24:10	U	24:22
Al Clague	T	24:38	24:55	T	
Mike Wenger		24:39	24:39		25:09
Dennis Herr		23:29	23:41		
Bill McCarrick	R	23:15	23:14	R	23:10
Peter O'Shaughnessy	A	26:36		A	
John Hair	I			I	27:03
Larry Nuckolls	N	28:57		N	
Joelle Austin	E		28:46	E	
Larry Parker	D		27:51	D	Flat!
Ray Miller			Flat!		26:42
Mike Miller	O		25:50	O	26:25
Steve Baker	U		26:11	U	
Tom Houff	T			T	25:33
Dan Hansen					25:35

JUNE TIME TRIAL RESULTS

	6/3	6/10	6/17	6/24
Joelle Austin	29:50		30:58	30:38
Bue Rippy	27:12	28:59	27:47	28:54
Tim Wolters	28:04	27:27	29:05	28:39
Craig Mauck	23:16	22:55	23:53	23:36
Bruce Werner	26:55	26:16		
Al Clague	25:23		26:29	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		24:09	24:30
Dennis Herr	24:22	23:33		
Dave Cary		26:25		
Randy Harper		28:21		
Mike Miller		26:52		27:39
Sydney Jackson		28:12		
Derrick Payne		33:50	35:04	
Ed Gainer		27:17		
Mike Wenger		24:33	26:15	26:20
Larry Grossman		27:21		28:26
Dave Frye		26:36	28:18	28:26
Larry Parker			30:34	30:12
David Patterson			30:36	
Jamie Smith			25:49	25:52
Larry Nuckolls				31:15

RIDE CALENDAR: AUGUST-OCTOBER

SUNDAY, August 10. "Summer Century". 7:30 AM, McGaheysville Elementary School. Here's Eleanor's flat and easy century, half-century or quarter century--four 25-mile loops. We are exploring this route for possible use as our 1987 Shenandoah National Century, so take part in its evaluation. Remember, "valuable prizes" for those who complete the century (is this a challenge? Or leftover Eleanor swapmeet material?) Patches will be ordered for those desiring them. Bring water!! Ride leader: Eleanor Price (433-8539).

MONDAY, August 11. "Poker Hand Ride". 6 PM, Purcell Park. This is your last chance this year to recoup your losses from fellow SVBC members. About 12 miles. Ride at own pace. Meeting after ride. Ride leader: Bruce Werner (433-8977).

THURSDAY, August 14. "Thursday Nighter". 6 PM, Plains Elementary School, Timberville. Call Ray Ritchie (896-2913) for info.

SATURDAY, August 16. "History Ride". 10:30 AM, Waterman Elementary School. Eat lunch with George Washington, or at least where George did eat. Bring a picnic lunch--will have a vehicle to carry. Also, tour of historic home. C pace, 20 miles. Ride leader: Art Fovargue (433-9247).

SUNDAY, August 24. "Winery Ride". 10:00 AM, Plains Elementary School, Timberville. 30-40 miles, B/C pace. Ride to Shenandoah Vineyards in Edinburg for tour of winery and discretionary tasting. You'll need to ride back too. Ride leader: Ray Ritchie (896-2913).

MONDAY, August 25. "More Infirmity". 5:30 PM, Spotswood Elementary School, Harrisonburg. Ride up over Massanutten from Keezletown side, return through McGaheysville. 25 miles, B pace (slower in some places). This will be good training for the Reddish Knob Hill Climb in September. Rain date 9/8. Ride leader: Art Fovargue (433-9247).

SATURDAY, August 30. "Breakfast Ride". 7:30 AM, Waterman Elementary School. C/B pace. 25-30 miles round trip. Ride to "Timberville Quick Lunch" or some other fine eatery for all the pancakes you can afford. Time to carbo load for Reddish Knob Hillclimb. Rain date 9/6. Ride leader: Art Fovargue (433-9247).

SUNDAY, September 7. "Reddish Knob Hillclimb". 1:00 PM, Hone Quarry turnoff. Prizes, refreshments and rarefied air. See Craig Mauck for more info.

SUNDAY, September 21. "Worker's Century". For next week's workers or anybody who wants to come along.

SUNDAY, September 28. "Shenandoah National Century and St. Jade's Children's Hospital Bike-A-Thon".

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, 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 include, hills definitely kept to minimum.

CLASS D--5-15 miles on any well-maintained bicycle. Frequent stops, mostly easy terrain. Less than 10 mph average.

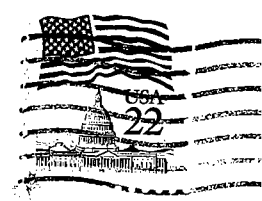
SVBC RIDE CALENDAR: AUGUST-OCTOBER

FRIDAY	SATURDAY	SUNDAY
<u>AUGUST</u>		BIKE-AID 3
8	9	SUMMER CENTURY 10
15	16	HISTORY 17
22	23	SHENANDOAH WINERY 24
29	30	TIMBERVILLE QUICK LUNCH 31
5	6	REDDISH KNOB HILL CLIMB 7
12	13	14
19	20	WORKER'S CENTURY 21
26	27	CENTURY 28
3	4	5
10	11	12
17	18	19
24	25	26
<u>OCTOBER</u>	2	3
RIDE/DINNER	9	10
8	16	LUNG ASSOC. BIKE TREK '71 HIGHLAND RETREAT 17
15	18	19
22	23	24
29	30	31
6	7	8
14	15	16
21	22	23
28	29	30
NO QUICHE RIDE 26		



THE SHENANDOAH ALLEY BICYCLE CLUB

P.O. BOX 1014
HARRISONBURG, VA 22801



SVBC MEETING:
MONDAY AUG. 11
RIDE AT 6:00 PM
MEETING AT 7:30 PM
PURCELL PARK

LEWIS, DAVE & MARY LU
RT. 4 BOX 440
HARRISONBURG, VA 22801

MARK'S BIKE SHOP GENEROUSLY CONTRIBUTES
TO THE COST OF THE SVBC NEWSLETTER
