

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

OCTOBER, 1986

SEPTEMBER MEETING: THE TOUR DE FRANCE

This month's meeting begins a new season at the Wellness Center. We will meet at the usual time of 7:30. After a review of the Century (which may include a discussion of new routes) we will see an edited version of this year's Tour de France, won by American Greg Lemond. See you there!

CENTURY A SUCCESS

The Third Annual SVBC Century and St. Luke's Children's Hospital Bike-a-Thon was an unqualified success. Seventy-four riders from across the state, as well as local riders, participated. Although the day started gloomily, the sun appeared after lunch, urging riders on towards their personal goals. Taking their cue from the Gallup Poll, the Club asked riders to answer a brief questionnaire about route markings, sag support, choice of route, etc. We'll share the results in an upcoming newsletter. Thanks to all who participated and worked on the Century Committee. A special thanks goes to Art Fovargue, who once again did the lion's share of the organizing and work. Next time you see Art, let him know how much you appreciate his support.

RACING NEWS: SKINNY TIRES

The three-year old Time Trial Course Record fell by 15 seconds. At the weekly 10-mile TT course on September 23, Craig Mauck rode the course in a time of 22:02, thereby breaking the record of Jim Strang of 22:17, set in 1983. Thanks to timer David Frye, who was also chairman of the watermelon committee.

Mike Wenger had an exceptional ride in the Williamsburg Road Classic held September 27 in Williamsburg. The USCF event for all categories drew 80 Category IV racers to the line. Mike finished 12th in a furious bunch sprint with a time of 2:10 for the 55-mile road race.

The October calendar offers the Third Annual Tour de Montezuma on the 19th at 1:00 PM. The route will follow 257 to Ottobine Store, and go right on 613 to its intersection with 738. Experts will ride 3 laps for a total of 36 miles, and novices will go around twice. Prizes will be awarded to 5 places in both categories and registration begins at noon. Entry is \$1 for SVBC members; \$3 for all others. Helmets required for all riders. Expert means having a 10-mile TT time of 25:30 or better in 1986. Come be a part of history!

September 7 found 14 riders out at Hone Quarry for this First Annual Reddish Knob Hillclimb. Two rode just for fun, and a dozen rode for prizes in two categories. The special aspect of the novice race was that a woman won the 10-mile climb ahead of 6 men, including one of the experts. A jackrabbit start helped set a killing pace that quickly strung out the field. Craig Mauck used this fact to beat his personal best by 5 minutes on his way to establishing a course record. Thanks to Beth Wenger, Donna Werner and Jon Dellett for pace duties.

HILL CLIMB RESULTS

EXPERT		TIME	NOVICE		TIME
1.	Craig Mauck	45:00	Michelle Curling		69:16
2.	Dennis Herr	47:38	Bernard Edwards		76:30
3.	Bill McCarrick	48:17	Gene Gibb		82:08
4.	Mike Wenger	49:06	Jordan Rohrer		84:23
5.	Tom Houff	58:40	Ronald Smith		85:20
6.	Bruce Werner	74:05	Larry Parker		98:00

Gift certificates were donated by AAA Rearview Bicycle Repair and Mark's Bike Shop.

SEPTEMBER TIME TRIAL RESULTS

	9/3	9/9	9/16	9/23	9/30
Peter Mullen	27:44				26:52
Michelle Curling	28:46				
Joelle Austin	29:29	27:50		28:07	
Sue Rippy	26:34	27:03		27:07	
Mike Wenger	24:36	24:26	24:58	23:55	24:37
Craig Mauck	22:49	22:25	22:29	22:02	23:29
David Frye	27:06	25:44	26:28	flat	25:50
Larry Parker		27:02	28:11	27:25	27:52
Bernie Edwards		29:58			
David Lovegrove		27:15	26:46		
Eric Arnold		27:32			
Bill McCarrick		23:34	23:36	24:13	23:17
Al Clague		25:07	25:22	24:28	24:28
Dennis Herr		24:42	24:12	23:24	
Tim Wolters			25:57	27:42	27:35
Mike Miller			25:53	25:46	24:49
Tom Houff			25:10	23:56	23:25
Mike Garst			25:57	25:23	
Bob Martin			28:37		
Steve Slaubaugh				28:15	
LeeAnn Bieberbach				32:16	
Ray Miller				25:49	
David Brunk					26:16

FAT TIRES

The Third Annual New England 4-Day Fat Tire Stage Race took place in Wendell State Forest near Miller Falls, MA. With over 200 riders, it was the largest East Coast fat tire event of 1986. Craig Mauck won the Veteran category by more than 7 minutes after 8 events. Michelle Curling was top Novice Woman by 17 seconds after the same 8 stages. A political low point was the presence of a "ringer" or expert rider who rode in the Novice class. For a rider to end up 20 minutes ahead in their class does seem a bit absurd, but the clincher is that by NORBA rules, one is an expert after winning 2 Novice competitions in which one's class has at least four riders. Situations such as these can only hurt this great sport by discouraging the weekend riders from participating in organized events.

On September 13, "Team Susan" sent their Veteran contingent to ace NORBA's Hibernia Fat Tire Challenge in Westchester, PA. Fifty-three started, 41 finished and Sue Rippy's time of 1:00:31 was good enough to win the women's expert division. Fastest time was Bill Hardig's 51:13.

Another season passes for the Canaan Mountain Series in Davis, WV, winding up (and down) with the original 40K Killer. In 1983, 12 started, 0 finished; in 1986, 59 started, 42 finished. Washington, DC's "smokin'" John Hargadon motored in the mostly muddy, mossy, murky mire in a record 2:58:25, clearing the spider webs, et al, for Greg Sommers of the Bronx (3:09:30) and consistent winner, Pat Janda in 3:14:28.

Team Susan/SVBC's three-time 40K winner Sue Rippy reached the river 15th, wining the women's division with a time of 3:58:02. Marathoner (and it came in handy) Diane Miller was second in 4:12:49, and our Joelle Austin crossed the line still smilin' in 4:52:10. Men's sport category was won by Frank Gresham of Long Island, NY, in 3:16:54, followed by Tom Harris of Morgantown, WV in 3:19:13. (Others: R. Webster, 3:20:26; M. Marcus, 3:26:04; A. Melgaard, 3:35:37.)

SVBC "Ironman" Dennis Herr rode in 12th to win the veteran's division with a 3:49:35, after doubling back, having missed a crucial turn, as did many. Local FAT, Peter O'Shaughnessy was 2nd Vet in 4:02:54.

Trials competition was "hot" as usual, and we all were respectfully amazed by the skill of John Hargadon, Bob "King of the Mountain" Foster, Pat Janda, and Frank Gresham.

1986 OVERALL SERIES STANDINGS: (1) John Hargadon, 57 points; (2) Pat Janda, 49 points. (1) Susan Cappelle, 57 points; (2) Susan Rippy, 41 points. John rode off with another SM600 Cannondale Mountain Bike, and Susan happily accepted her new Cannondale frameset.

IT'S (GROAN) NO-QUICHE TIME AGAIN

Once again, it's time to pack the long undies and head for the mountains. Dave and Mary Lu Lewis (867-5363) will provide sag support. Meet at 7:00 AM on Sunday, October 26 at Waterman School. Bring your own lunch, and \$1 for gas. This is definitely an "A" class ride of 100 miles, climbing two mountain ranges and negotiating the Skyline Drive.

RIDE CALENDAR: OCTOBER

SATURDAY/SUNDAY, October 11-12. "Highland Retreat Overnight". Camp over (in luxury) at Highland Retreat. A great getaway at the peak of the fall season. Mur & Mario Dennis (434-3521).

SUNDAY, October 19. Tour de Montezuma. See details elsewhere in Newsletter.

SUNDAY, October 26. "No Quiche Ride". See details elsewhere in Newsletter. Leader: Dave Lewis (867-5363).

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, 15-50 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 FOR OCTOBER

		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		OCTOBER RIDE/DINNER				25 MILE TIME TRI
MONDAY	TUESDAY					
6	7	8	9	10 LUNG ASSOC.	11 BIKE TREK HIGHLAND	12 RETREAT
13 CLUB MEETING	14	15	16	17	18	19 TOUR DE MONTEZUMA
20	21	22	23	24	25	26 NO QUICHE RIDE
27	28	29	30	31		

SHE NANDOAH
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**SVBC
MEETING:**

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

MONDAY OCT. 13 7:30
 WELLNESS CENTER

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