

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

NOVEMBER, 1986

NOVEMBER MEETING: THE TOUR DE FRANCE

For this month's meeting we will meet at the usual time of 7:30 at the Wellness Center. After transacting usual SVBC business we will see the rest of videotaped coverage of this year's Tour de France, won by American Greg Lemond. See you there!

SHENANDOAH VALLEY CENTURY

As noted in last month's newsletter, our Century ride in September was again successful. In total, we had 73 riders. Forty-one were from the Harrisonburg area, 9 from Charlottesville, 7 from the Staunton-Waynesboro area, 8 from the D.C. area, and so on. Twenty-eight riders completed the 100-mile route, which is more than ever even started the century before. Twenty-five did 50 miles or more, and 20 did 25 miles. In light of the fact that we had more cyclists ride 100 miles and 50 miles than ever before, had the weather been brighter earlier in the day, I suspect we would have had at least 90 riders total.

Enough for peanut butter-and-jelly sandwich statistics. Regarding the St. Jude's Bike-a-Thon, over \$400 was collected in pledges. Congratulations to Melvin Yarn for collecting over \$170 (and for riding the longest distance, 130 miles, due to getting lost three or more times). However, due to the fact that only 5 riders participated in the Bike-a-Thon, I wouldn't recommend linking such an event to the Century again.

Thanks to Ray Miller, Joelle Austin, Sue Rippy, Donna & Bruce Werner, Mary Lu Lewis, Ray Ritchie, Mario and Mur Dennis, and Eleanor Price for your help--it was definitely easier and more fun this year. Thanks also to all who brought baked goodies. Although I couldn't "sample" all of them, those that I did were fantastic.

This year we passed out a questionnaire to riders, asking them all sorts of imposing and personal questions, like "how did you learn of the ride", "how was the food", etc. Ray Ritchie is collating results and will report on grand conclusions at a later date.

NO QUICHE IS NO GO

Bad weather rained out the No Quiche Ride, and Sue Rippy, who is just dying to go, would like to know if there is anyone else out there who would like to try again soon. If you are interested, give Sue a call at 433-3017 (home) or 568-3960 (work). Remember, if you don't do it now, you'll have to wait a whole year for your next chance!

FAT TIRE NEWS

Off-road is the place to be in the cold weather months. The extra rolling resistance and less efficient position give a fast workout when the encroaching dark limits the bike time to an hour or so here and there. Riding in the mornings is a good idea if the dark evenings tend

to stop your training. Don't give up! After December 20, the days will get longer. Whatever fitness you can retain over the winter will help establish a stronger base to build on in Spring. Come back stronger in '87. Look at Mike Wenger, Ray Miller and Larry Parker for starters, three of the most improved riders of '86.

SKINNY TIRE NEWS

22 MILE TIME TRIAL

Ten riders came out October 5 for three laps of a 7.3 mile loop up Rt. 257, west to 734 and over to 738 to finish on the usual time trial road. A strong side wind on the hilly part of the course required a focused effort to keep the speed up, but the lap times were very consistent, testimony to self-pacing learned in shorter time trials.

RESULTS

	LAP 1	LAP 2	LAP 3	E.T.
1. Craig Mauck	18:14	18:25	18:13	54:52
2. Dennis Herr	19:14	18:57	19:10	57:21
3. Mike Wenger	18:25	19:25	19:45	57:35
4. Mike Garst	20:10	20:23	20:50	61:23
5. Al Clague	19:43	20:20	21:33	61:36
6. Steve Szibler	21:01	20:51	20:24	62:16
7. David Lovegrove	22:33	22:08	23:30	68:11
8. Eric Dochtermann	22:32	22:59	23:19	68:40
9. Michelle Curling	23:17	23:31	23:10	69:58
10. Nancy Martin	24:51	25:24	25:23	75:38

TIME TRIAL RESULTS

The last '86 Tuesday 10 Mile Time Trial rolled off October 7. This regular SVBC event will resume in April '87, along with an early season group of time trials and training rides that will see a Wednesday evening ride up Reddish Knob when the legs feel really ready.

Wayne Hall	28:29	Larry Parker	27:40
Sue Rippy	26:59	Ray Miller	26:12
David Frye	26:09	Dennis Herr	23:43
Craig Mauck	22:35	Mike Wenger	23:41
Al Clague	24:57	Tim Wolters	25:33

OCEAN CITY TIME TRIAL CHALLENGE

Mike Wenger and Craig Mauck roadtripped to Ocean City, MD on October 25-26 for the Chesapeake Wheelmen's "Time Trial Weekend". Saturday's 10-miler found Craig winning the Veteran class in 24:21, and Mike taking 4th in Category IV with a 24:48. Sunday, in the 16-Mile Team Time Trial, the local boys cranked a 38:49 on a wet, windy course to win the Category IV TTT, second best time overall!

THIRD ANNUAL TOUR DE MONTEZUMA

October 19 saw Craig Mauck putting his time trial skills to practice when the Expert pack, that had hung together for 26 miles, hesitated as a crash brought down 2 riders. As all this happened, Dennis Herr decided his loose spokes were unfit for continued use, Mike Miller veered across the road and Craig put his head down and took off alone, with Mike Wenger and Tom Houff in pursuit. A lead that ranged up to a minute was trimmed to 15 seconds at the line, as Rearview took his third Tour victory in as many years.

David Frye took the 2 lap, 25-mile race in 66:22. Prizes to all riders sponsored by SVBC, AAA Rearview Bike Repair, and Mark's Bike Shop.

RESULTS

EXPERT	TIME	NOVICE	TIME
1. Craig Mauck	86:52	1. David Frye	66:22
2. Mike Wenger	87:07	2. Steve Szibler	
3. Tom Houff	87:16	3. Sue Rippy	
4. Mike Miller	89:39	4. Rob Cleaver	
5. Tim Wolters	91:38	5. Eric Dochtermann	
6. Dennis Herr	loose spokes	6. Renee Bosse	
7. Bill McCarrick	crashed	7. Nancy Martin	
8. Mike DeHaven	blew tire/crashed		

JMU TRIATHALON

The JMU Health Awareness Triathlon will take place November 15 at 11:30 AM in front of Godwin Sports complex. There will be a 3 mile run, 6 mile bike, and 1/4-mile swim. The competition will be individual by age groups and sex and team competition for men, women, and mixed teams. A free T-shirt is included with registration. Information: call Lisa Jones (568-4896). Entry fee is \$8 after October 31.

NOVEMBER RIDES

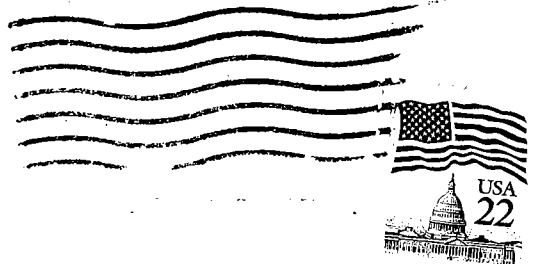
No more formal rides are planned for the year. On an informal basis, however, we will have rides every other Sunday afternoon. Meet at 1:30 PM at Waterman Elementary. Route(s) to be decided by those who show up. If temperature is less than 35F, or if it is raining (or looks imminent), consider ride cancelled. Let's start out with these dates:

November 16
November 30

Remember to dress in layers when its chilly out. But, don't forget water!

**SHE NANDOAH
ALLEY BICYCLE CLUB**

P.O. BOX 1014
HARRISONBURG, VA 22801



**SVBC
MEETING:**

*MONDAY, NOV. 10, 7:30
WELLNESS CENTER*

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