

# SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

APRIL, 1987

## APRIL MEETING

Move over, New York Bike Show! On April 13, at the Valley Wellness Center, the SVBC will hold its annual Swap Meet. Eleanor says she has a winter's worth of goodies (which will rival most wholesalers' inventory) and perhaps this will be the event where Runt Rentals makes his reemergence into the SVBC cycling world. Bring your bicycling-related gear to barter, sell or give away. Remember to bring a blanket, towel, etc. to display your treasures on. Meeting time is 7:30 PM. The Swap Meet will start immediately following a short session to discuss club business.

## PRESIDENT'S CORNER

The results of the 1987 SVBC elections are in. For the fifth year in a row, Sue Rippy has been elected Treasurer; Mur Dennis (in spite of not knowing she was nominated) won the Secretary seat; Ray Ritchie was victorious in the Vice-Presidential race, and yours truly overcame an early write-in lead for Dave Cary to become elected President. The above will be officers from March 1, 1987 to February 29, 1988.

On April 1 we (April Fools?) had our first Executive Committee meeting. We met with the officers of 1986 (also known as the old officers) and discussed committees, programs, budget, responsibilities, and the SVBC brochure. A general layout of the brochure was planned. It is our hope to get the brochure printed and in the local bike shops in May.

Tentatively, the Executive Committee meetings are planned for the second Wednesday before the regular Monday membership meeting on the second Monday of the month. (Simple, huh?) The purpose of these meetings is for the officers and committee chairs to deal with the more mundane matters of the Club, and to discuss future plans. However, it is not restricted to only officers or chairpeople; any and all members are invited to attend. If you wish to come to an Exec meeting, call me for the time and place, for the date is subject to change to accommodate officers and chairperson's schedules.

The committees discussed were racing, touring, off-road, programs, publicity and century. Mike Wenger has agreed to be racing chairman this year, so for those with racing interests, please lend a hand to Mike. Anyone interested in chairing the other committees, please call me before the next meeting. To assist the touring chairman, we have a large supply of routes mapped out and for programs, the Exec committee already made a list of a year's worth of potential programs at the last meeting. Of course, we have a wealth of information on past centuries to assist those working on that committee. If you are interested in working with any of the SVBC committees call the chairperson of that committee and/or check the appropriate block on your application form.

Remember, dues for the 1987 SVBC year are presently due at the same old cheap prices. Support bicycling in the Valley, join the SVBC.

Art Fovargue (433-9247)

## RAAM '87

This year the Race Across America (RAAM) is changing routes. It will leave June 20 for the Presidio in San Francisco, and finish 3100 miles later at the Washington Monument in D.C. The route will pass through Winchester, VA after having gone through Romney and Augusta, WV. From Winchester, RAAM riders head to Charlestown, WV and Point-of-Rocks, MD. The Winchester Wheelmen are again operating a time station this year. It will be located at McDonald's on Rt. 11, north of Winchester. First riders will be through June 28. Details: Winchester Wheelmen, Box 1695, Winchester, VA 22601, or call Mike Perry: (703)662-3255.

## RACING NEWS

Sue Rippe placed second overall in a series of training races sponsored by the Whole Wheel Velo Club in Fairfax. Hope that it's the beginning of a good year, Sue!

**TIME TRIALS:** The Tuesday 10-mile Time Trials for this year will begin on April 21 at 6 PM, sharp. Registration at the course west of Dayton, (intersection of 257 and 938) and going northwest on 938 to Rt. 613 and back.

**THURSDAY TRAINING RIDES** begin April 16, and are held weekly. Rides leave Nichols parking lot at 5:15 PM. "A" pace, 20 miles.

**TWO MILE TIME TRIAL:** Saturday, April 11. Registration, 9:00 AM at Hone Quarry entrance on Rt. 257. First rider off at 10:00 AM. Course runs back to Briery Branch and is fast and flat.

Mike Wenger (828-2523)

**SOCIAL:** Spring is coming (here?)--now is the time to get ready to ride again, with fair skies and longer days here. Time to clean off dormant bikes and to clean and overhaul machines that flogged it through the salt and grit of winter '86-'87. Wear light colored clothing for early season riding--motorists aren't used to cyclists on the roads yet, so let's get reacquainted with the the greatest cooperation on our part. Ride steady!

**SKINNY TIRES:** Save your light wheels for later. Now is the time to wear out those old clinchers left lying around when you went to the fancy stuff. Spin easy all the time, and keep gears below 70 inches (i.e., 42 x 17). Increase time on the bike and only increase gearing as it is needed, later. Lungs first, legs later.

If you're planning any USCF racing in 1987, now is the time to order that license. Senior license is \$32, due to insurance rates and lack of real support, despite the '84 Olympic cycling triumphs and Greg Lemond's European and Coors performances. Information and application: USCF, Boulder St., Colorado Springs, Colorado.

**FAT TIRES:** Let steep trails rest on these rainy spring days. Ride the flats. Touch up the wheels for smooth stops in the warm times to come. Overhaul pedals after the winter of abuse. Check the headset, crank, BB, etc. Replace the chain and/or freewheel, if necessary. Examine chainrings

for wear and rotate them 1/4 turn to bring up the new cranking surfaces.  
Too bad? Replace.

*LUE MOUNTAIN HILL-CLIMB:* Expatriate Craig Mauck commuted the 100 miles to Kingston Jamaica for the first event of that banana republic's '87 cycling season. The 10K hill-climb traced a jagged mountain switchback road to Irishtown, thousands of feet above the capital city's sprawl of concrete and humanity. His time of 28 minutes proved better than 20 of 50 riders on pounds-lighter bikes to claim a little respect for the neighbor from the north, and to vanquish (by 5 minutes) the fat Canadian dentist on his custom Vitus, who had been National Champion in 1969. The spirit of racing was ideally exemplified by the fact that the race up 6+ miles of steep mountain in 80-degree weather ended at a bar noted for its ice cold Red Stripe beer. Jamaica, no problem.

*FAT TIP:* When packing a picnic, keep the wheels free of loose straps, cords, etc. On trips longer than one day, take soap that is appropriate for teeth, clothes and skin, such as Dr. Bonner's (peppermint), instead of extra shirts or shorts, socks...just do your laundry naked and wear your gear 'til it's dry. Socks dry well on the zipper pulls of your fanny pack or bar ends.

--Craig Mauck

#### FOR SALE

Raleigh-Tourist 3 speed. Mint condition: \$135.00. LP rack, 2 bikes: \$25.  
Call Norm at 434-2692

Cannondale ST-500. 20", many extras, racks. \$350/best offer.

Tent--Divine Light, Goretex: \$100

Sleeping bag--Eddie Bauer, Hollofil, +20 degrees: \$45

Panniers--Cannondale Overlands, Grey, New: \$50

Cannondale Switchers, " " : \$30

Insulated Hollofil carrier: \$15

Cannondale rain jacket, medium, new: \$30

Masterlock (u-shaped): \$5

Call Eleanor at 433-0539

#### SVBC RIDE SCHEDULE

April 12, Sunday. "Impromptu Ride". 2 PM, Waterman Elementary. Route decided by those who show.

April 26, Sunday. "Impromptu Ride". 2 PM, Waterman Elementary. Route decided by those who show.

May 31, Sunday. "Celebrate Coors Classic". Ride 25, 50, or 75 miles in any configuration. See the lovely new Coors plant. Ride your own speed and distance. More details in next month's Newsletter. Eleanor Price (433-0539).

September 11-13. Historic Triangle Weekend. Yorktown, Jamestown, Williamsburg. Information to follow in June Newsletter. Norm Gulliksen (434-2692).

OUT OF TOWN EVENTS

April 25. Roanoke Valley Biathlon. 10K run, 40K bicycle. Roanoke Valley Biathlon, c/o Blue Ridge Bicycle Club, P.O. Box 13383, Roanoke, VA 24033.

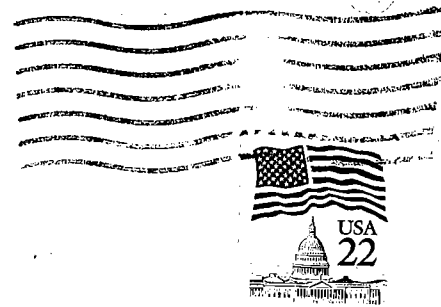
May 3. 12th Annual Freedom "Mega" Tour. 8, 18, 35 or 65 miles. Delaware Valley Bicycle Club, c/o Freedom Mega Tour, P.O. Box 497, Media, PA 19063

May 16-17. MS Bike Tour. 35 or 150 miles (with overnight). Call MS Bike Tour Hotline: (804) 490-9627 or (804)872-8454.

May 29-31. Heart of Virginia Tour. Alexandria to Charlottesville to Culpepper. Call American Lung Association of Northern Virginia (703) 591-4131.

June 19-21. AGVITHH-VI. Harrisburg, PA to Harrisonburg, VA. 200+ great miles. Harrisburg Bicycle Club, AGVITHH-VI, c/o Dolores Rhen, P.O. Box 10053, Harrisburg, PA 17105

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



**SVBC MEETING:**

"SWAP MEET"

MONDAY, APRIL 13 7:30  
WELLNESS CENTER

ART & KATHY FOVARGUE  
210 MONUMENT ST.  
HARRISONBURG, VA 22801

DUES '89 DUE!

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Mark's Bike Shop generously contributes to the cost of the SVBC Newsletter  
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