

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

MAY, 1987

MAY MEETING: BIKE FIT

Bruce Werner will give a talk on proper bicycle fit during the May 11 SVBC Meeting. He'll cover such areas as seat height, stem lengths, proper crank arm length and foot positions on the pedals. The talk will be geared for touring, racing and recreational riding. So, if you're in the bicycle selection phase, or your bike just doesn't seem to fit you correctly, this meeting is for you. See you at 7:30 PM, Monday May 11 at the Valley Wellness Center.

PRESIDENT'S CORNER

Work on the SVBC brochure has progressed well. We hope to finalize the last draft at the May meeting. It will be available for all to view.

Again, the Executive Committee meetings are open to all members. We welcome your input. The next meeting is tentatively scheduled for Wednesday, May 27. If you want come, give me a call for time and place.

We are still in need of a program director/chairperson. As mentioned previously, we have a list of programs for the year, but need someone to arrange, organize, phone, write, etc. And, there is some budget to work with. You'd be doing your club an important service, so if you think you can help, call me.

Now that the cycling scene is in full swing, remember to ride as an effective bicyclist. In addition to being aware of the traffic and any potential traffic hazards, this means riding in a safe, predictable, and legal manner. Set a good example for motorists and other cyclists. Last, please wear a hardshell helmet.

--Art Fovargue (433-9247)

AGVITHH-VI

There is still time to sign up for the 6th Annual Great Valley Interstate Tour from Harrisburg, PA to Harrisonburg, VA. For details, see "Out of Town Events."

If you are going up to Harrisburg for the start of AGVITHH, but don't have transportation, give Art Fovargue a call. He is not going, but will act as a "clearing house" to put AGVITHH'ers in touch with each other. Sorry, the Daily News-Record van is full already.

If you can't take 3 days for AGVITHH, be sure to catch the "Meet AGVITHH" ride on June 21. Tickets will be available for V.K. Begoon's BBQ at Westover Park at the end of AGVITHH. Details in the next Newsletter.

BASIC BICYCLE MAINTENANCE

Cool Breeze Cyclery and Bruce Werner are offering a 5-week, 10-hour course on basic bicycle maintenance in a lecture format. Some hands-on work with your own bicycle is included. The course will be given at Cool Breeze. It starts on Monday, June 1 and the fee is \$25. Sign up at Cool Breeze Cyclery or call Bruce Werner at 433-8977 after 5 PM.

CONGRATULATIONS...

to LB and Ibbly Branner on the birth of LB Branner, IV, on April 13. No stats were provided with this report, but LB is supposedly contemplating buying a tandem bugger...

DUES ARE OVERDUE

If you haven't paid your dues for the 1987 year, this is your LAST Newsletter. If you need an application form, check your local bike shop, or better yet, come to the next meeting!

TIME TRIAL RESULTS

NAME	4/20	4/28 (cold and windy!)
Serena Benson	30:30	
Ken Calhoun	28:06	29:56
Al Clague	25:49	
Bill DeBruin	25:30	
Bernie Edwards	31:25	33:07
Dale Frye		32:43
Larry Grossman		29:41
Dennis Herr	24:23	26:17
Jody Hess	31:03	32:02
Joe Hiney	26:44	28:33
Tom Houff	23:39	25:53
Jonathon Jackson		30:31
Sydney Jackson	27:33	29:41
Jill Johnson		30:45
Devin Maddox	26:33	
Craig Mauck	23:22	24:07
Bill McCarrick	24:44	25:12
Mike Miller	25:07	27:26
Larry Nuckols	27:27	
Mike O'Brian	23:57	25:15
Dean Raat	27:11	
Sue Rippy	26:54	28:50
Rick Slater		28:26
Hugh Stoll	25:34	27:42
Steve Szibler	26:12	
Les Welch	26:54	27:33
Mike Wenger	24:20	26:26
Tim Wolters	27:13	30:05

RACING NEWS

TIME TRIALS: The Tuesday 10-mile Time Trials for this year will take place each Tuesday 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 leave Nichols parking lot at 5:15 PM. "A" pace, 20 miles.

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.

FOR SALE

Cannondale ST-500. 20", many extras, racks. \$350/best offer. Call Eleanor at 433-0539.

SVBC RIDE SCHEDULE

Impromptu rides on any Sunday on which there is no scheduled ride. Meet at Waterman School at 2:00 PM. Route and pace decided by those who show up.

May 9, Sunday. "Mother's Day Ride". 10 miles, easy pace. 9:00 AM, Investor's S & L, Rt. 33 east. Leader: Donna Werner (433-8977). Sorry guys, this ride is for gals only. You guys will need to stay home, do chores and babysit. This will be an easy paced ride, and will be an excellent beginning-of-the-season ride. Come on out and enjoy!

May 13, Wednesday. "First Wednesday Nighter". 15 miles, C pace. Waterman Elementary School, south lot. 6:00 PM. Leader: Ray Miller (433-5484).

May 17, Sunday. "Six Mile Time Trial". Register at 9:00 Am; ride at 10:00 AM. Mike Wenger (896-2523).

May 20, Wednesday. "Wednesday Nighter". 12 miles, D pace. Plains Elementary School, Timberville. Leader: Nancy Ritchie (896-2913).

May 24, Sunday. "Novice ATB Ride". 17 miles, pace designed for the beginning mountain biker. Easy, dirt trails. Meet at Plains Elementary School, Timberville, at 2:00, and drive from there to the starting point at Little North Mountain. The ride will be on maintained dirt roads over LNM and Supin Lick Ridge. The ride will go into Orkney Springs for a snack break and will then return to the starting point.

May 31, Sunday. "1st Annual Shenandoah Valley Coors Classic". Ride any length from 10-75 miles, and see the beautiful Shenandoah River and Coors plant. Begins at Montevideo school just off Rt. 33 east, at 10:00 AM. Every ride has a store stop at 10 miles. Sag wagon, so beginners, come on out. Leader: Eleanor Price (433-0539).

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).

Wednesday, June 3. "Strawberry Shortcake Ride". 10 miles, C pace. 6:00 PM at Dave & Mary Lu Lewis' residence (intersection of routes 763 & 752). This is a must ride. The Lewis family strawberry delights are world renowned. Short ride is just long enough to work up a good appetite for the strawberry shortcake. If it rains, show up to eat. Leader: Dave Lewis (867-5363).

June 7, Sunday. "Double Gap Gasp". 40 miles, B-C pace. 10:00 AM, Plains Elementary School. This ride goes over beautiful country roads into Orkney Springs where riders will eat lunch and goes through Runion's Creek to Chimney Rock at Brock's Gap and back to T'Ville. Some hills on the ride, but most terrain is rolling.

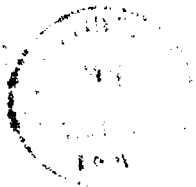
June 8, Monday. "Training Ride". 30-40 miles, A pace. Meet at Frank's Mill (Spring Hill race course) at 5:30 PM. Leader: Mike Wenger (828-2523).

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

SVBC-RIDE CALENDAR: MAY-JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				I MAY	1	2
				I		3
				I		
				I		
				I		
	4	5	6	7	8	9
	TIME TRIALS		TRAIN. RIDES		MOTHER'S	10
	6:00 PM		5:15 PM EA.		DAY RIDE	
	EVERY TUES.		THURS. @		9:00 AM @	
	@ DRY RIVER		NICHOL'S		INVESTOR'S	
	11	12	13	14	15	16
CLUB MEETING	BRIDGE & ROUTE 257.	WED. NIGHTER	"A" PACE		IMPROMPTU @	SIX MILE
		WATERMAN @			WATERMAN	TIME TRIAL
		6:00 PM			2:00 PM	HONE QUARRY
						9:00 AM
	18	19	20	21	22	23
		WED. NIGHTER @				NOVICE
		PLAINS ELEM				ATB RIDE @
		6:00 PM				PLAINS ELEM
						2:00 PM
	25	26	27	28	29	30
						COORS
						RIDE-MEET @
						M'VIDEO @
						10:00 AM.
JUNE	1	2	3	4	5	6
	TIME TRIALS	STRAWBERRY	@	TRAIN. RIDES		DOUBLE
	6:00 PM	LEWIS'S		5:15 PM EA.		GAP GASP:
	EVERY TUES.	6:00 PM	THURS. @			PLAINS ELEM
	@ DRY RIVER		NICHOL'S			10:00 AM
CLUB MTG	8	9	10	11	12	13
TRAINING	BRIDGE & ROUTE 257.	WED	20 MILES	"A" PACE		14
RIDE IN		DAVE				ELEANOR
STAUNTON		FRYE				
	15	16	17	18	19	20
		WED. NIGHTER:			REDDISH	RIDE &
		PLAINS ELEM			KNOB RIDE @	BBQ: AGVITHH
		6:00 PM			SWIM-1:00	12:30 PM
				AGVITHH		
	22	23	24	25	26	27
						JEROME
						JAUNT: MT.
						JACKSON @
						2:00 PM
	29	30	JULY 1	2	3	4
		I		TRAIN. RIDES		
		I		5:15 PM EA.		
		I		THURS. @		
		I		NICHOL'S		

Ed F.
25 MI



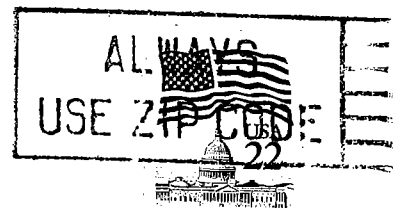
OUT OF TOWN EVENTS

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

THE NANDOAH
VALLEY BICYCLE CLUB
P.O. BOX 1014
HARRISONBURG, VA 22801



SVBC MEETING:

MONDAY MAY 11
7:30 PM
VALLEY WELLNESS
TOPIC: "BIKE FIT"

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

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