

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

JUNE, 1987

JUNE MEETING: POKER HAND RIDE

Back by popular demand from last year, the infamous Poker Hand Ride. New meeting place, though. This time we'll meet at Shelter #2 (not too far up the hill) in Westover Park. Meet at 6:00 PM to start ride, about 10-15 miles, during which you pick up cards to build your hand. Club will donate the pot (\$). Meeting at 7:30. Don't be afraid to bring any goodies. All bicycles will be inspected for hidden aces.

JULY MEETING: SPORTS MEDICINE

(Note: this is the 3rd Monday of the month) Mike Downey and Lisa Donegan, of the Sports Medicine Center of RMH, will give a presentation on sports medicine and injuries. This should prove to be one of the meeting highlights of the year. Anyone interested in maintaining good health and an active sports program will not want to miss this. This will be at the Wellness Center at 7:00 PM.

PRESIDENT'S CORNER

I hope your cycling this year has been more productive than mine. Family matters have rendered me overly inactive. I apologize.

Be sure to take plenty of water with you when you head out these hot days. Drink at least one water bottle every 10-15 miles. You will probably feel as though you are forcing yourself to drink, but that's OK. If you wait until you are thirsty to drink, it is too late, you're on your way to heat exhaustion.

Stay tuned for racing on TV this month. CBS will broadcast a one hour show June 21 on Paris-Roubaix. On June 28, CBS will start its five-week coverage of the Tour de France, with a one hour preview.

Ray Ritchie and the touring crew have been working hard on scheduling a variety of rides. Check out the ride calendar and come on out.

Lastly, I'd like to thank Mario Dennis for his contributions to the SVBC through his editorship of this Newsletter. Mario took over the Newsletter in April, 1985 and has guided it through some tough financial times. The SVBC's appreciation for a superb job.

CONGRATULATIONS TO...

President Art Fovargue and First Lady Kathy, on the birth of their daughter Rachel on May 24, weighing in at 7 lb 1 oz!

FIRST ANNUAL SHENANDOAH VALLEY COORS CLASSIC

Wow! A helmet saves the day. The 1st Annual Shenandoah Valley Coors Classic made headlines and headaches. Fifteen riders participated, representing Charlottesville, Waynesboro, Staunton, Harrisonburg, and Rockingham county. The ride was four loops of approximately 20-25 miles each. We rode through Pineville, Montevideo, McGaheysville, Lynnwood, Grottoes, Island Ford, Mercke, Elkton, and Coors. The Shenandoah River was

crossed many times, and it was exciting to see canoes and big tubes filled with swimmers and beer. The weather was extremely hot and humid, and Don Ritchie passed out and took a fall. The last thing he remembered was reaching for his water bottle! The Elkton Rescue Squad arrived quickly and transported him to RMH. Fortunately, he suffered some large cuts, bruise, and swelling. HE WAS WEARING HIS HELMET! It saved him! We were all grateful. A quick recovery, please. Please wear your helmet every time you ride; you never know when an accident will happen. Thanks to all who helped and participated.

--Eleanor

AGVITHH-VI

Registration for AGVITHH-VI is over, but you can still participate. Note the ride scheduled for Sunday, June 21, being led by Debbie Ritchie to meet the AGVITHH riders in Timberville. Riders will be passing through most of the afternoon. Whatever pace you ride, there will be lots of riders cycling at the same pace. And after the ride, plan to get together with the AGVITHH riders at the finale picnic at Westover Park. Tickets will be available for \$7 for the best barbecue in town.

HISTORICAL TRIANGLE RIDE: YORKTOWN-JAMESTOWN-WILLIAMSBURG

When: Friday/Saturday/Sunday, September 11-13.

Registration Deadline: If you want to camp at Jamestown Beach Campsites Resort, reservations will be sent in Monday, August 3.

Cost: Tent campsite: \$2.25/person/night. All facilities of the resort and parking are included. Other expenses, out of pocket.

Food: If we have sufficient people on Friday night, a potluck dinner will be engineered. Other recommendations are the Picklebarrel L & D, 2 miles; or Ceaser's L & D, 2 mi.; or Chickahomony House, B., 5 miles.

RIDES FROM RESORT: You decide. Recommendations: a bike tour of Colonial Williamsburg (bikes are permitted), tour of entire Colonial Parkway, tour of Yorktown battlefield.

MAPS: I have 21 bike maps of the historic triangle free to first 21 signers.

WHAT MUST I DO TO GO?: Complete the form below, and deliver to Norm Gulliksen's house (79 Weaver Ave., H'Burg). Include a check (payable to Norm Gulliksen) for your camping charge. Call before you come over (434-2692).

IS THIS WEEKEND ONLY FOR SVBC MEMBERS? No, bring your friends.

OTHER QUESTIONS: Call Norm at 434-2692. Keep trying, because he'll be on the road.

HISTORIC TRIANGLE-WEEKEND
SEPT. 11-13

1. I will arrive at Jamestown Beach Campsites Resort at approximately _____ on September _____.
2. Reserve for me the following tenting facilities:
____ PERSONS X _____ nights X \$2.25 = \$_____
Enclosed is my check for \$_____.
3. I am interested in a potluck dinner on Friday ____YES ____NO
4. My signature below verifies that I will not hold the Shenandoah Valley Bicycle Club or any of its members liable in any manner during the planned event.

Signed _____

IHPVA

Human Power Week will take place in Washington, DC in late October. Sponsored by the International Human Powered Vehicle Association and the International Conference on Appropriate Transportation, the nine-day festival will include media shows, symposia, exhibits, rides, races and an art show. Competitions on land, air and water are scheduled. Stay tuned for further details. For more-info contact Linda Keenan, Executive Director, WABA, 530 Seventh St., S.E., Washington, DC, 20003.

MAY TIME TRIAL RESULTS

<u>NAME</u>	<u>5/5</u>	<u>5/12</u>	<u>5/19</u>	<u>5/26</u>
John Adams	25:34		R	25:49
Joelle Austin	28:48	29:09	A	
Serena Benson		29:28	I	
David Brunk	26:40		N	
Al Clague		25:43	E	
Bill DeBruin	23:33		D	
Julie Drinkard		34:11		32:08 mt. bike
Ken Duncan		25:12	O	24:40
Bernie Edwards	30:05	29:55	U	
Dave Frye	26:30	27:10	T	26:50
Larry Grossman	26:37	27:10		
John Hair	25:06			25:36
Jody Hess		30:09		29:02
Tom Houff	22:44			24:40
Austin Jambor		29:46		28:19
Jill Johnson				28:08
Mike Kase		28:16		28:21
David Lovegrove		27:57		
Nancy Martin	31:14	30:20		29:35
John Matheney				31:09 mt. bike
Craig Mauck	21:58	23:27		23:09
Bill McCarrick				22:43
Mike Miller	24:34			25:01
Peter Mullen				27:27
Larry Nuckols	25:35			
Mike O'Brian	22:31			
Steve Poulson	22:34			
Dean Raat	26:52			
Sue Rippy				26:11
Steve Slaubaugh	28:56			
Jamie Smith	23:42	23:06		
Steve Szibler	25:40			26:08
Bob Terrill	26:55			
Les Welch		24:00		24:36
Mike Wenger	24:26			23:54
Tim Wolters	27:15	28:16		29:15

(unofficial times:
sorry for the timing
fiasco on 5/12)

SHENANDOAH VALLEY BICYCLE CLUB
JUNE RIDE SCHEDULE

Sunday, June 7. "Double Gap Gasp". 40 miles, C-B pace. 10:00 AM, Plains Elementary School, Timberville. Leader: LB Branner (896-2386). This ride goes over beautiful country roads into Orkney Springs, where riders will eat lunch. The ride returns through Runion's Creek area to Chimney Rock at Brock's Gap and back to start. There are some hills, but most terrain is rolling.

Monday, June 8. "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).

Wednesday, June 10. "Wednesday Nighter". 15 miles, C pace. 6:00 PM at Waterman School, H'Burg. David Frye (433-1800).

Sunday, June 14. "Flag Day Pizza Ride". 25 miles, C-D slow pace. 10:00 AM; meet at hotel parking lot at Massanetta Springs. Leader: Eleanor Price (433-0539). Wear your red, white and blue and celebrate Flag Day on this easy paced ride. The group will meet back in town somewhere for pizza following the ride.

Wednesday, June 17. "Wednesday Nighter". 15 miles, C pace. 6:00 PM, Plains Elementary. Leader: Rodney Yankey (896-2648).

Saturday, June 20. "Reddish Knob Ride". 1:00 at the Wengers. Ride with swimming afterwards. Go on 42 south to B'Water. Right on 727 at stop sign, right on 613 (Spring Creek Road), thru Spring Creek, left on 750. 3rd house on left after Spring Creek Church of the Nazarene. (828-2523)

Sunday, June 21. "Meet AGVITHH Tour Ride". 30 miles, C pace. 12:30 PM, Waterman Elementary, South lot. Leader: Debbie Ritchie. This ride goes from Harrisonburg to Timberville to link up with riders on the AGVITHH tour and ride with them to H'Burg. This ride helps to promote the SVBC's good name, and gives you a chance to meet the interesting individuals on the tour.

Sunday, June 28. "Jerome Jaunt". 25 miles, C pace. Bank parking lot, center of Mt. Jackson. 2:00 PM. Leader: Ed Funkhouser. This ride will cover some of the back country roads in the area west of Mt. Jackson near the small town of Jerome. This will be a pleasant ride over rolling terrain.

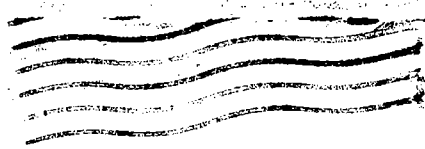
NOTE: Sundays on which rides are not scheduled, impromptu rides start at 2:00 PM, Waterman Elementary. Pace and route decided by those who ride.

Training rides will continue, each Thursday, 5:15 PM at Nichol's parking lot. 20 miles, A pace.

10-mile time trials continue every Tuesday, 6:00 PM, Dry River Bridge & Route 257.

JULY RIDE SCHEDULE

Saturday, July 4. "Firecracker Ride". 15 miles, C pace. 7:00 AM, New Market Elementary School (north end of town). Leader: LB Branner (896-2386). Come celebrate the Fourth with a bang in New Market. This ride will return to New Market to the lawn party grounds for the evening's fireworks display. Food available.



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

**SVBC
 MEETING:**

POKER HAND RIDE : 6:00 PM
 MEETING : 7:30
 WESTOVER PARK
 MON. JUNE 8

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

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