

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

JULY 1987

JULY MEETING

On Monday, July 20 (Note: This is the third Monday of the month.), the crew from the Sports Medicine Center at RMH will give a presentation on bicycling and sports medicine. The meeting will start at 7:00 PM sharp in order to leave plenty of time for the program since the Wellness Center closes at 9:00 PM. So, try to arrive a few minutes early.

Mike Downey, Lisa Donegan and Scott Powers will present information on accident and improper bicycle fit related injuries. Treatment of injuries will focus on both immediate and followup care. Also, the facilities at the Sports Medicine Center will be discussed.

In addition, Rose Garrison from the American Lung Association of Virginia will talk about upcoming bike treks that they are sponsoring (see enclosed brochure).

Again, if you are at all interested in maintaining good health and an active cycling program, you won't want to miss this meeting. See you at the Valley Wellness Center.

PRESIDENT'S CORNER

The hot topic (besides the weather) appears to be the banning of the Baltimore Bicycling Club's Tour in Shenandoah National Park (See the 6/29 Daily News Record). I believe the article was factual. Because of the number of cyclists on this ride (100+) and the traffic conditions, it is a tough issue to resolve. The SVBC will be sending a letter to the Park Superintendent and to the newspaper expressing our concerns.

Sorry about the bum steer on the hour preview on the Tour de France; I guess they changed their minds. If their original schedule holds true, CBS will have tour coverage on each Sunday in July. Check your paper.

It was brought to my attention by a co-worker that a number of cyclists were stopped in the middle of a narrow road, in a curve one day, resting and drinking water. Due to the blind curve, they were almost hit. Knowing when this occurred, I know it wasn't one of our rides; however, there is still a message here. Please, anytime you stop to rest, smell flowers, etc., be sure to stop OFF THE ROAD, leave room for your companions to stop off the road, and don't stop in a place where motorists may not have a good view. Whether or not a motorist is speeding, if you get hit, YOU LOSE! Be aware.

Watch out for road surface texture changes while going around curves, especially when it rains. I wasn't watching out, one day last month, when it rained, and although I was negotiating the curve quite slow, it was like my front wheel hit ice. My hand and arm wish I had been more aware, then.

Lastly, although I don't know exactly when, Ray Miller is departing the Valley. I would like to extend the SVBC's appreciation for his many contributions. These include, but don't stop at, his year as president and much work on the Century. Thanks, Ray!

-- Art Fovargue (#433-9247)

LETTER TO THE PRESIDENT

Dear SVBC President:

I am concerned about a mishandled matter at a Time Trial early in June. One of our very young members managed to trample some corn stalks at the start/finish line, which was discovered by the farmer while the Time Trial was still in session. He was, of course, upset with the situation and told us that we would be unwelcome if we could not treat the area with respect. Rather than an adult stepping forward to handle the incident with genuine concern, the child's mother told the offender to apologize for the damage, and the child merely mumbled something, unwillingly.

I do not think that this response was an appropriate reflection of how any of us felt as a group, and I doubt that the farmer was left with a sense of hospitality toward our continued weekly event. Remembering back to a founding meeting of the SVBC, integrity as a club was to be stressed through our community interactions on the road and with our neighbors. Each time I or other cyclists travel rt. 738, I want to be a welcomed traveller with good standing. This was an unfortunate incident, and I should think it to be up to the Time Trial Coordinator to personally contact the corn field's owner and let him know of our commitment to use our Time Trial privileges that so many of us enjoy, with respect. As club members, we owe it to ourselves to ride in ways that set a good example.

WATCHWORD FOR THUNDERSTORMS

In April, two cyclists in Canyonlands National Park were electrocuted when they left their bikes to seek refuge under a tree during a thunderstorm. When there is lightning about, stay on your bike and remember: You are waterproof, but not shock-resistant.

THE THREE JOHN RIDE

The odds were hot at the June meeting when only three riders showed to try their luck in the SVBC's first 1987 poker ride. Jon Dellett, John Zyban and John Matheney pitted their poker skills against one another, with Mr. Matheney's pair of aces taking the pot. During the meeting, the brochure, the Century and upcoming rides were discussed. The remaining funds (\$71.84) from the 1986 Shenandoah Valley Century were turned over to the Club treasury.

RACING NEWS

LOCAL VETS TROUNCE TUSH: Craig Mauck and Sue Rippy each placed 3rd in the Central Pennsylvania Mountain Bike Challenge April 11 in Coburn, PA. The 23-mile, point-to-point race found the largest field ever on the east coast for a fat tire event, with 212 riders. The first woman was 31st overall and Sue had 156 riders chasing her in!

RACING SKINNY TIRES: The 7th Annual Staunton 10-Miler rolled off on Sunday, May 31, with a small field to contest the hilly 10 miles around Frank's Mill in Augusta County. Craig Mauck jumped away in the last half mile to leave Tom Houff and win this event for the 3rd time in as many years. Sponsors were AAA Rearview Bicycle Repair and Mark's Bike Shop.
1st: C.Mauck, 26:40; 2nd: T.Houff, 26:45; 3rd: M. Miller, 27:30.

RACING NEWS (continued)

BLACKWATER 100 RACE THROUGH THE MUD: June 20th was the date for the "Toughest Race in America," when 60-odd mountain bikes tackled the infamous "Downhill" with its 45-degree angles of slick mud and torrents of water, the worst part of a 15-plus mile circuit race in Davis, WV. Craig Mauck placed 3rd overall in 1:57 with Sue Rippy taking the women's event in 2:23. Tommy Harris, past National Harescramble Motorcross Champion, won the event and returned the next day to place 3rd in the Blackwater 100, a motorcycle race run over an easier course than the bicycle race course, due to "too much mud." Poor fellows!

BILL MCCARRICK WINS USCF DISTRICT TIME TRIAL: Once again, the SVBC was well represented at the USCF District Time Trials and Road Championships. These races determine who, from each district (We are VA & D.C.) will be eligible to compete in the USCF Nationals, and are therefore always important and highly competitive races.

Congratulations to Bill McCarrick of Staunton who won the gold medal in the 20K Junior Time Trial. Bill rode the 12.5-mile distance in 29:02, and at this time is planning the trip to Colorado Springs, Colorado, for the Nationals. You can "catch" Bill (if you can) at our regular Tuesday night Time Trials to wish him luck.

Craig Mauck's impressive time for 40K was good for 4th among the Veterans, while Seniors, Mike Wenger, Tom Houff and Les Welch all spun-out good numbers as well. Sue Rippy DNF with a flat!

The district Road Championships the following weekend found our racing regulars back for more. No medals this time for the SVBC, but strong efforts certainly went noticed. Craig placed 4th in the 42-mile Vets race, Sue placed 7th in her 42-mile Senior Women's event and Bill finished 6th in the longer 74-mile Junior race. Tim Walters of Staunton and Les Welch rode the 105-mile Senior Men's "Epic." Les' ride with the lead pack and his finish in the field sprint was of considerable note.

SLATY FORK, WV FAT TIRE FESTIVAL, JULY 8-12: Another 2-day stage race with several days of informal tours in the area takes place in Slaty Fork, WV with a 10K Hill Climb on Saturday, July 11, with trials in the afternoon, and a 25K cross-country race on Sunday. Helmets are required and more info can be gotten by calling #304-572-3771.

SVBC JULY RIDE SCHEDULE

SUNDAY JULY 12: "Skyline Ramble." 30 miles. C-B pace. 9:00 AM. Top of the mountain at Swift Run Gap on US 33. Leader: Bruce Werner (#433-8977). Start at Swift Run Gap and ride over the Skyline Drive to Brown's Gap for a picnic lunch and return. Some hills??? are to be expected on the way. Food can be carried or bought at the camp store at Loft Mt. If someone will sag the ride, food could be transported to Brown's Gap. If you are available for sag on this ride, please contact Bruce.

WEDNESDAY JULY 15: "Wednesday Nighter." 15 miles. C-D pace. 6:30 PM. Bridgewater Elementary School. Leader: Jon Dellett. A leisurely paced ride over back country roads south of Bridgewater to Centerville and back along the ridge into Bridgewater.

SVBC JULY RIDE SCHEDULE (continued)

WEDNESDAY JULY 22: "Wednesday Nighter." 15 miles. C pace. 6:30 PM.
Plains Elementary School, Timberville. Leader: Carter Ritchie (#896-2913).

SATURDAY JULY 25: "Breakfast Ride." 15 miles. C-D pace. 7:15 AM.
Waterman Elementary School. Leader: Ray Ritcie (#896-2913). Get up
sleepy heads and clear those cobwebs with an early morning ride north of
town and return for breakfast at Shoney's.

SATURDAY JULY 25: 2-Person Team Time Trial on Dry River Course.
Registration at 9:00 AM, intersection of 257 and 738. First rider off at
10:00 AM. Prizes to the 3 fastest teams.

Tuesday Time Trials continue at 6:00 PM, intersection of 257 and 738.

Thursday Training Rides continue at 5:15 PM. Meet at Nichol's parking lot.
20 miles, A pace.

NOTE: The touring committee needs ride leaders to lead rides over their
favorite routes. If you have a ride you would like to lead, contact Ray
Ritchie (#896-2913) or LB Branner (#896-2386).

AUGUST MEETING: POKER HAND AND PICNIC

Monday evening August 10 the SVBC will hold its second poker hand ride
of the year. The club will donate the pot, so the winner will have
immediate payback on his/her dues. Come to Westover Park at 5:45 PM to
register. The ride will leave at 6:00 PM sharp. The ride will be about 14
miles, ride at your own pace.

After the ride, about 7:30 PM, we'll chow down, pot-luck style.
Everyone bring something -- main course, salad, veggies or dessert. NOTE:
You don't have to ride to partake in the feast.

SVBC AUGUST RIDE SCHEDULE

SUNDAY AUGUST 9: American Lung Association of VA, Shenandoah Region-
sponsored "Pre-Trek Ride." This ride is to give interested bicyclists
information about and preparation for the ALAV's fall trek into the
historic triangle area of Virginia. (See enclosed brochure.) Riders must
wear helmets and must preregister at Cool Breeze Cyclery. Free pizza will
follow the ride and T-shirts will be given to the first 100 riders to
register. A free bicycle drawing courtesy of Cool Breeze Cyclery will be
held following the ride. (ALAV-sponsored rides will also take place in
Staunton on August 2 at the Coalter St. Pizza Hut and in Waynesboro on
August 30 at the Broad St. Pizza Hut. It is probable that there will also
be bicycle drawings at these rides, sponsored by other area shops.) No
registration fees. Cyclists can choose one of two loops: Loop #1 - 7
miles, Loop #2 - 20 miles. The rides will cover beautiful country roads
west of Harrisonburg. Meet at the Pizza Hut on South Main Street at 1:00
PM to start the ride. There will be an assist vehicle available.

SVBC AUGUST RIDE SCHEDULE (continued)

SUNDAY AUGUST 16: "Annual SVBC Picnic." A must for all members! Great fun and food, as always. Place: Shelter #2 in Westover Park. Time: For rides, 10:00 AM. Short and Long Loop Rides are being planned for riders of all abilities. Eating time: 1:00 PM. If you can't make the rides, come out for the food. Swimming is available at the pool for regular admission costs. Playground is nearby for the kids. Bring one or two of your favorite dishes to share, plates and eating utensils. Lemonade drink will be provided by the club. See you there!!!

WEDNESDAY AUGUST 19: "Second Annual Fudgeberry Ride." 15 miles. C pace. 6:00 PM. Waterman Elementary School. Leader: Al Clague (#433-3241). A must ride! Back by popular demand! Fantastic ride towards Singer's Glen, followed by some fantastic carbohydrate loading, courtesy of Sue and Al Clague.

NOTE: Impromptu Rides will leave Waterman Elementary School at 2:00 PM any Sunday another ride is not scheduled. Route and pace determined by those who show up to ride.

OTHER UPCOMING SVBC EVENTS (details to follow later):

September 20: Worker's Century

September 27: SVBC Century (25, 50, 75, 100 miles)

OUT OF TOWN RIDES

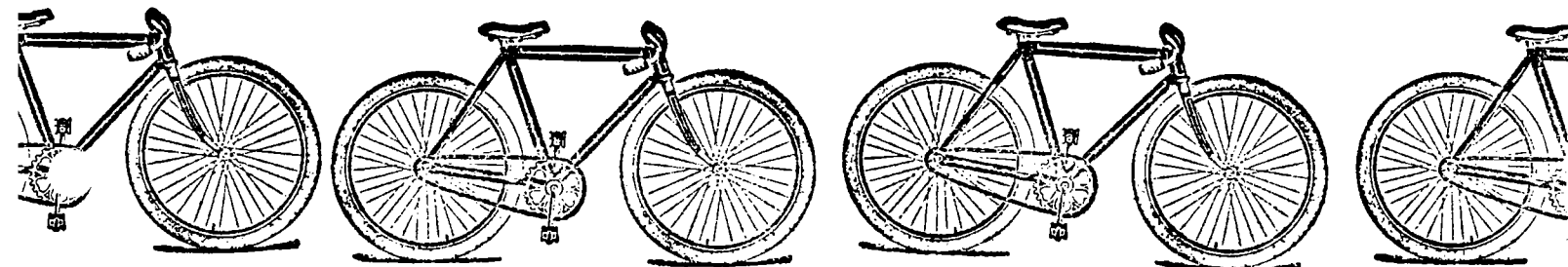
JULY 30 - AUGUST 2: New England Area Rally, Durham, N.H. Rides, workshops, exhibits, food, etc. Further info: Frances Ciampa #(617) 877-2313.

AUGUST 2 - 8: The Ride Around New England, 400-mile tour, sagged, no camping. Further info: Marc Goldstein #(203) 233-7348.

AUGUST 9: The Great Race X or Captain Myles Keough Paddle, Wheel & Run. Auburn, NY. 4-person teams will run 6 miles, ride 17 miles and canoe (2 persons) 4 miles. \$45 entry fee per team - many categories. T-shirts and prizes. Further info: from Mike Kase at the July meeting.

AUGUST 22 - 28: Cycling Jersey, 225-mile tour, camping, sagged, downhill. Further info: SASE to Cycling Jersey c/o The Wayfarers, P.O. Box 73408, Washington, D.C. 20056.

NOVEMBER 7 - 12: Florida Classical Safari, 8th Annual across Florida, sagged, camping. Further info: SAFARI, 90.7 WMFE-FM, 11510 East Colonial Drive, Orlando, FL 32817-4699.



JUNE DRY RIVER TIME TRIAL RESULTS

Name	6/2	6/9	6/16	6/23	6/30
Joelle Austin	28:19	28:57	28:17		28:26
Steve Baker			25.43	26:21	25:15
Serena Benson	29:56	29:27		30:18	
David Brunk				27:13	
Dave Carey				27:40	26:57
Al Clague	24:32				24:14
Dwight Denlinger					25:43
Julie Drinkard (Mt. bike)	32:26				31:31
Ken Duncan	24:26	25:06		25:13	24:29
Bernie Edwards	29:36			30:57	29:41
Dave Frye	26:39	27:15		28:11	
John Haire		25:41		26:16	25:21
David Hayrens					29:50
Dennis Herr	25:22	25:11		25:17	24:17
Jody Hess	29:00	29:51		30:01	27:56
Tom Houff				24:01	23:32
Sydney Jackson				27:53	27:06
Austin Jamkor					27:41
Jill Johnson	27:54	27:49			27:35
Mike Kase	27:18	28:35			27:35
David Kennedy		27:05			
Larry Knuckles			27:00	28:00	27:06
Leonardo Lopez				26:46	
David Lovegrove	28:12		27:33		
Nancy Martin	30:52				
John Matheny (Mt. bike)	31:10	30:27			
Craig Mauck (*=disk wheels)	23:06*	23.11		23:48	mech. prob.
Bill McCarrick				23:49	22:54
Burton Metzler					27:50
Mike Miller	25:02			25:40	25:24
Peter O'Shaughnessy			26:05		
Steve Polsen					23:09
Eleanor Price					33:11
Sue Rippy	25:52	25:45		26:24	
Bruce Ritchie					30:55
Steve Slaybaugh		28:47	27:44		
Steve Szibher	25:46	26:08	25:22		25:18
George Trimble				27:14	
Ron Van Vliet				27:24	
Les Welch	24:27	25:26		24:59	
Mike Wenger	24:01	24:26	23:37	24:09	23:52
Tim Walters	27:03	29:09	26:32	27:31	27:14
Steve Wood					29:05

Correction: Last month's note regarding the "unofficial times..." was meant for 5/5.

From April 1987
Roughrider newspaper:

Taken during Canaan Mountain Series; isn't that SVBC'r Rodney Yankey on the right there? And what is he looking at? Could it be fellow SVBC member Ray Miller showing his headless turkey imitation?



**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.

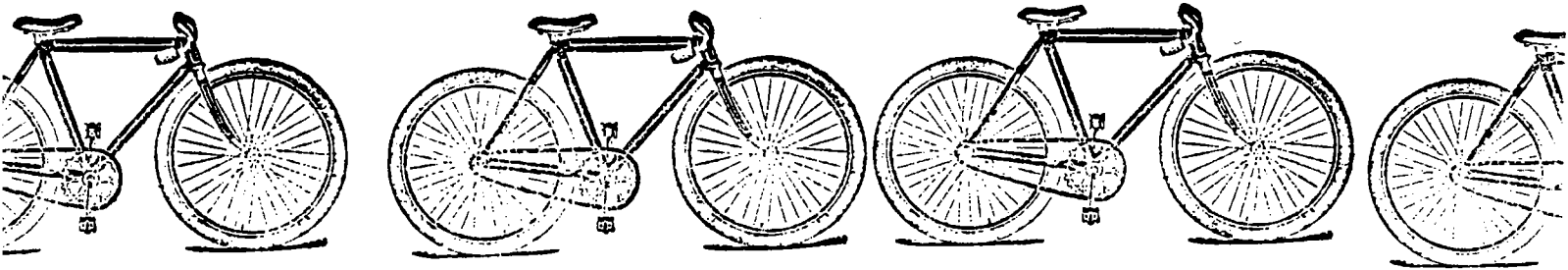
**HISTORIC TRIANGLE-WEEKEND
SEPT. 11-13**

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 _____

SHEHANDOAH VALLEY CENTURY

Century time has snuck up on us again. The century this year will be held on Sunday, September 27. Routes of 25, 50 or 100 miles will be offered as in past years. We need to start our publicity efforts now. There will be a meeting for all those interested in helping on Thursday, July 16 at 7:30 PM, refreshments will be served. Meet at Art & Kathy's house on Monument Ave in Harrisonburg. If you want to help, but cannot attend the meeting, call Art at 433-9247.



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

SVBC MEETING:

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

MONDAY, JULY 20th, 7:00 PM
"SPORTS MEDICINE CENTER AT RMH"
At the Valley Wellness Center

MARK'S BIKE SHOP generously contributes to the cost of the SVBC's monthly newsletter.
