

SEPTEMBER 1987

Officers

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Vice President: Ray Ritchie 896-2913
Secretary: Mur Dennis 434-3521
Treasurer: Sue Rippy 433-3017
Racing: Mike Wenger 828-2523
Touring: Ray Ritchie 896-2913
Publicity: Eleanor Price 433-0539
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Meeting

for SEPTEMBER: 1987 U.S. CORE STATES PRO CHAMPIONSHIP

Our next meeting will take place on Monday evening, September 14, 7:30 PM, at the Valley Wellness Center. Following the business meeting, a 90-minute edited video tape of a great race will be shown that includes some interesting strategy. The commentator provides great explanations for racers and non-racers alike. The Core States was a 156-mile circuit race held in Philadelphia in June. This event boasts the largest purse of any single race. This year it included the strongest European Field to date. See you Monday night!

President's Column



Just returned from the third of the three bicycle treks sponsored by the American Lung Association of Virginia. When Rose Garrison and Pam Maddox of the Lung Association First approached us asking for help with these rides, I felt the requirement that all riders wear helmets (although a good requirement) would severely limit the number of participants. Was I wrong! The tours in Staunton, Harrisonburg and Waynesboro drew approximately 45, 90 and 80 riders respectively. Just think, many people went out and bought a helmet in order to ride. Now, that is good for cycling and it's image as a serious sport and mode of transportation! Bicycling in the Valley owes thanks to the Lung Association, Pizza Hut and the participating bicycle shops: Staunton Bicycle, Cool Breeze Cyclery, Bicycle World and Cycle-Recycle.

The SVBC brochures are finally complete -- hot off the press! They are very eye catching and give a good description of our activities. A membership application is included. The brochures will be available at area bicycle shops and other locations. Thanks to the following members (& non-members) for their contributions to its creation: Serena Benson, L.B. Branner, Mario & Mur Dennis, Scott Harlowe, Allen Litten, Mary Lou Lewis, Eleanor Price, Sue Rippy, Ray Ritchie, Mike Wenger and Bruce Werner. Thanks also to those attending Executive Committee meetings, for perseverance through numerous editings, rewritings and debates. Come to the September meeting for your copy. (continued...)

PRESIDENT'S COLUMN (continued)

Speaking of the September meeting, I had a "sneak preview" of part of the Core States Video (Note: All commercials have been edited out!). It looks like a real good presentation.

I urge all members to participate in our September Century in one way or another. Bake a goodie, ride, post posters, etc. Lots to do, and remember: the century is the biggest fundraiser for the SVBC. We need your support.

- Art

FIFTH ANNUAL SHENANDOAH VALLEY Century

Please note the enclosed blurb and registration form for our September Century ride. As in the last two years, the rides will leave from Shelter #2 in Westover Park. The 25-mile tour is new route this year, still including a halfway checkpoint in Bridgewater. As always, we will have food, food, food -- including a load of baked goods at the conclusion of the ride. However, in order to have a variety of goodies, we need a baked donation from every SVBC member. This is one simple way you can support the club. Bring baked goods to Westover Park the morning of the ride, or to Art's House the day before.

Volunteers are needed to sag, mark roads, help with registration, checkpoint, food organization. If you can help out in any of these areas, call Art (433-9247) or come to the next planning session on Wednesday, September 16 at Art's house. If you can't ride the century on the 27th, come to the worker's century on September 19. 20

For those interested in times, the best recorded so far for the three routes are:

QUARTER CENTURY (27.8 miles): 2 hrs., 13 minutes. Shared by Jon Jackson of Harrisonburg and Richard Adams of Staunton.

HALF CENTURY (51.3 miles): 2 hrs., 58 minutes. Shared by Al Clague of Harrisonburg and Mike Wenger of Bridgewater.

CENTURY (103.5 miles): 6 hrs., 16 minutes. Garry De Vol of Lynchburg.

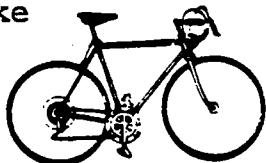
Whatever your pace, you will find someone of similar pace to ride with. Our FIFTH ANNUAL promises to be a ride not to be missed. See you the 27th!

CONGRATULATIONS TO IRONMAN DENNIS HERR, who placed 3rd overall at the Leadville 100 Ultra-Marathon Run in Colorado. There were 183 starters and 80-odd survivors, in the rainy trek up to 12,600 feet in the Rockies. Dennis seems to have recovered from his bike crash of '86...

BICYCLING TERMS A LA MAUCK: HARDCORE vs. SOFTCORE (Which are you???)

HARDCORE

corn cob cluster
ride tubulars all the time
shave legs (guys)
no underwear (girls)
never get off the bike
carry a spare
nose to the stem



SOFTCORE

three rings in front
pump up tires monthly
shave legs (girls)
wear undies (guys)
sometimes walk hills
never carry a spare
watch the clouds blow by

Ride Calendar

for **SEPTEMBER & OCTOBER:**
(SVBC)



SATURDAY SEPTEMBER 12: The 5th Annual "No Quiche" Mountain Century rolls off September toward New Market and over to Luray for one of the SVBC's tougher rides. A steady pace, w/ a sag wagon and a low gear of at least 40 inches should let anyone in reasonable shape put this feather in his/her cap. This is not a macho, ride-to-the-death tour, but we will try to maintain a reasonable pace to stops in Luray, the top of the Blue Ridge (Panorama at Big Meadows) and Lewis Mountain before the 10-mile downhill into Elkton. This ride offers turn back points at 20 and 40 miles, so come give "No Quiche" your best bite. Ride Leader: Craig Mauck. Meet at Waterman Elementary School, 8:00 AM.

SUNDAY SEPTEMBER 20: Worker's Century. 7 AM, Westover Park. For those working the Century on the 27th or those who can't make the Century. 25, 50, 75 or 100 miles, maps, self-contained.

SUNDAY SEPTEMBER 27: Shenandoah Valley Century, Westover Park. 100 mile loops register at 7 AM, off at 8; 25 & 50 mile loops register at 9 AM, off at 10. \$4.00 before 9/26, \$5.00 after. Flyer attached to this newsletter.

SUNDAY OCTOBER 4: "Southern Branch," 40 miles, C-B pace, 10:00 AM, Gypsy Hill Park (Duck Pond), Staunton. Leader: Dave Cary (886-7900). A great "out-of-town ride." Come and see some new scenery. The ride will lead south to Middlebrook via Walker Creek Road. There will be store food available at the half-way point.

The Tuesday evening time trials will continue at 6:00 PM at the intersection of Rts. 257 and 738, west of Dayton. Also, the Thursday evening training rides will continue meeting in Nichols' parking lot in Harrisonburg at 5:15 PM. This ride requires a good level of fitness but welcomes riders who want to work on group skills and hill intervals. The group will regroup periodically and maps are available.

OUT-OF-TOWN RIDES:

SEPTEMBER 11-13: Historical Triangle Ride: Yorktown, Jamestown, Williamsburg. If you want to camp at Jamestown Beach Campsites Resort, reservations were requested by August 3, but they may still have space. Tent campsite: \$2.25 per person per night. All facilities of the resort and parking are included. Other expenses, out of pocket. 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 mi. Rides from Resort: You decide. Recommendations: a bike tour of Colonial Williamsburg (bikes are permitted), tour of entire Colonial Parkway, tour of Yorktown battlefield. I have 21 bike maps of the historic triangle free to first 21 signers. Call Norm Gulliksen for further info (434-2692).

SEPTEMBER 12, 13: 9th Annual Great Peanut Rides, quarter through double centuries, food, tours. Further info: Emporia Bicycle Club, c/o Robert Wrenn, P.O.Box 631, Emporia, VA 23847 (804-634-2222).

New Members

Greetings to new (and renewed) members Janet Hadley of Broadway and Carla and Ken Richardson of Harrisonburg. We welcome your membership, wish you tailwinds and hope to meet you soon on some rides.

WHAT HAVE YOU BEEN UP TO, SUE RIPPY?

After a successful trip to Park City, Utah, for the Vet Nationals, my obsession with cycling carried me to Europe to participate in the prestigious International 19th Rad Welt Cup der Senioren (The World Cup) in St. Johann, Tirol, Austria. The actual World Cup race followed a preparation series of road races and time trials, the "Tour de Styria" in Deutschlandsberg, Austria. Russians, East Germans, West Germans, Austrians, Swiss, French, Australian, Canadians, British, Polish, Czechs and Americans participated in the Tour. I was pleased to finish 27th overall with (2) firsts and (3) seconds in my age category (40-50 yrs): 18K TT, 2nd; 24-mi. RR, 2nd; 47-mi. RR, 1st; 3K 24% grade uphill TT, 1st; and 42-mi. RR, 2nd. All classes started together -- these starts were fast and speeds of 24-26 mph from the line became expected. The Russian National "B" teams, along with the German women (aged 17-24) were significantly faster than the rest of us "Vets," but it was exciting riding with them, if only for 5 miles or so.

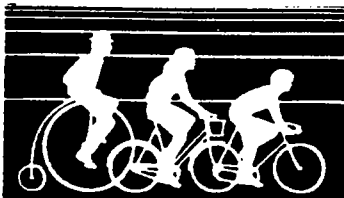
The final week we journeyed 6 hours across the Alpine Country to St. Johann in Tirol, Austria, for the "Main Event," the World Cup. The small, beautiful village converts itself each August to accommodate 2400 cyclists from across the globe who show up there for a spectacular "hype week" that concludes with the big race. It's a whole 'nother story to describe how special the racers were made to feel by each other, the local people and the thousands of spectators who made an art of cheering racers on. Europeans love bike racing! I finished with an 8th place in the main sprint after going too early up the "avenue of dreams." There's always next year...

For all of you who have shown me your continuous, sincere interest and enthusiastic support in my racing ventures, I can only inadequately say thank you. It's your support that makes me go.

- Sue

BIKE AID '87: 36 of a 140-member altruistic cycling crew who were raising money nationwide to combat Third World poverty passed through Harrisonburg on August 19, on their way to New York City for a rendez-vous at the United Nations. They were shown local cool places to dip and caught Open Stage at the Little Grill before bedding down at the Armory. Host Craig Mauck toured to Culpeper with them and gained enormous respect for the results of 3,000 miles of riding day in and day out, as he jammed to just keep up with their strongest woman rider, Casey Curry. He gave them tours of Chinatown and the Village in NYC, as well.

CRUISER CLASS RIDES: Acknowledging that not everyone wants, has or needs a fancy, multibucks cycling machine, slow, easy rides in and out of town will begin on Wednesday evenings at 6:00 PM on the Quad at JMU and will usually end up someplace for calories and a beer. Dig out/up a cruiser and live an evening in the slow lane. Backstreets, alleys, trails. Pace: Z. No leaders. Come ride.



OUT-OF-TOWN RIDES (continued):

SEPTEMBER 19-20: Cumberland Bicentennial Bicycle Weekend, Cumberland, MD. 25, 50 or 100 miles and historic tour. Further info: SASE to The Appalachian Bicycle Club, Box 1254, Cumberland, MD. 21502.

SEPTEMBER 20 - 27: Tour of the Eastern Shore, 181 miles. Further info: Bill Phelan, 1124 S. Bay Shore Drive, Virginia Beach, VA 23451.

SEPTEMBER 27: 5th Annual Reston Bicycle Club Century. SASE to Reston Bicycle Club, Box 3389, Reston, VA 22090.

OCTOBER 4 - 24: Trans Texas Trail, 1100 miles, full sag, T-shirts. Details: TTT c/o Lawrence Walker, 1507 1/2 Nueces, Austin, TX 78701.

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.

NOTE: Further details on these rides will be available at the September meeting.

Racing - SVBC



TOUR DE MONTEZUMA ROAD RACE: Sunday, September 20, 2:00 PM. Prizes: 5 places men / 3 places women. Registration/Directions: 1 PM, intersection on 257 and 738 (3 miles west of Dayton, time trial start/finish area). Course: 257 west from 738 to 613 in Ottobine. Right on 613, then right on 738 (time trial turn-around), 738 back to 257. The roads will be open to traffic and there will be road marshals and a pace vehicle. Men: 3 laps, 36 miles; Women: 2 laps, 24 miles.

SPRING HILL ROAD RACE: Sunday, October 11, 2:00 PM. Prizes - 10 places, men/5 places, women. Registration/Directions: 1 PM at Frank's Mill. 250 west of Staunton, turn right on Engelman Road (Gene's Market/Rt. 742). Then, left on 528 (Quarry Road). Course: 10-mile loop with 2 significant climbs. Open to traffic. Men: 3 laps; Women: 2 laps.

REDDISH KNOW HILL CLIMB: Sunday, October 25, 2:00 PM. Prizes: 10 places, men/ 5 places, women. Registration/Directions: 1 PM at entrance to Hone Quarry on 257, 2 miles west of Briery Branch. Course: 10 miles with 3000 feet plus of climbing. Open to traffic.

There is no entry fee for these three races. Flyers are available at local bike shops. Helmets are required. Veteran and novice may be separate if numbers allow. Prizes donated by AAA Rear View Bicycle Repair, Cool Breeze Cyclery, Mark's Bike Shop and Staunton Bicycle.

TRACK RACING IN TREXLERTOWN: On August 15, Dave Frye, Tim Wolters and Craig Mauck caught the Omnium at the Velodrome, 5 hours up I-81. The riders were world-class and the action was thrilling. Let's plan some SVBC road trips in '88. Great camping, just minutes from the track. Details from Dave.

Arehart Ron & Catherine 102 Round Hill Drive Bridgewater VA 22812 828-3688	Duncan Ken Rt. 1, Box 898 McGaheysville VA 22840 289-6843	Harbeck Thoas 1189 South High Street Harrisonburg VA 22801 433-8091	Mendelson Roxanne 2766 Gatewood Circle Charlottesville VA 22901 804-973-5187	Ritchie Carter 356 Broadway Ave. Broadway VA 22815 896-2251
Austin Joelle P.O. Box 694 Dayton VA 22821 379-2649	Edwards Bernard Box 22 Weyers Cave VA 24486 234-8052	Harbin David Box 1796 James Madison U. Harrisonburg VA 22807 568-5903	Miller Ray & Janice 517 Northglen Lane Harrisonburg VA 22801 433-5484	Ritchie Don & Debbie Route 3, Box 648 Elkton VA 22827
Branner L.B. & Ibbey Box 185 Broadway VA 22815 896-2386	Eye Joan 905 Country Club Court Harrisonburg VA 22801 434-8890	Harlow/Benson Scott & Serena 40 South Liberty Cool Breeze Harrisonburg VA 22801 433-0323	Mullen Peter 712 Hillview Drive Dayton VA 22821 879-9965	Ryan Terry 630 Park Street Apt. V Charlottesville VA 2290 804-979-8638
Cary Dave & Nancy 752 Hillcrest Drive Staunton VA 24401 886-7900	Folds Russell 332 South Dogwood Drive Harrisonburg VA 22801 433-5837	Herr Dennis 111 North Willow Street Harrisonburg VA 22801 434-5691	Nissley Mark 1570 South Main Harrisonburg VA 22801 434-5151	Shenk Virginia 1015 South College Ave. Harrisonburg VA 22801 433-9749
Chell Bob & Carole 1286 Country Club Court Harrisonburg VA 22801 433-7499	Fovargue Art & Kathy 210 Monument Avenue Harrisonburg VA 22801 433-9247	Hill City Wheeloan R. Burgess 29 Jonathan Street Madison Heights VA 24572	Norwinski Gene & Jan Route 2, 274 Elkton VA 22827 298-9743	Simmons Tim P.O. Box 173 Mt. Crawford VA 22841 434-6178
Clague Allen & Sue 1261 Lincolnshire Drive Harrisonburg VA 22801 433-3241	Frye David Route 2, Box 284 Mt. Crawford VA 22841 433-1800	Jackson Jon & Lucretia 95 East Grattan Street Harrisonburg VA 22801 433-5595	O'Brien Michael 1913 Dublin Road Penfield NY 14525	Slaubaugh Steve 167 W. Rock Harrisonburg VA 22801 433-8683
Coffman Robert, Sue Rt. 2, Box 291 Timberville VA 22853 896-9811	Funkhouser Ed 405-C Clover Lane Raleigh NC 27604 919-834-0219	Kase Mike Rt. 2 Box 2697 Lake George NY 12845	Durs Allen Route 4, Box 24 Harrisonburg VA 22801 867-9610	Steagall Paul 620 Boone Circle Florence SC 29501 803-665-8549
<i>CULVER</i> Culver Russell 1110 Alpha Avenue Harrisonburg VA 22801	Garrison Norma & Rose 470 Andergren Drive Harrisonburg VA 22801 434-4335	Kesler Ash Route 1, Box 928 McGaheysville VA 22840 289-5988	Parker Larry Route 2, Box 298 Grottoes VA 24441 249-5006	Trumbo Norvell P.O. Box 38 Broadway VA 22815 896-7095
<i>DAVIS</i> Davis Stewart 1042 Main Street Apt. B Harrisonburg VA 22801 434-1704	George Jan P.O. Box 172 Hinton VA 22831 434-3897	Lewis Dave & Mary Lu Route 4, Box 440 Harrisonburg VA 22801 867-5363	Parsons Steve Route 4, Box 23 Harrisonburg VA 22801 867-9409	Wenger Mike Route 2, Box 117-A Bridgewater VA 22812 828-2523
Jellett Jon & Pat 24 College Wood Drive Bridgewater VA 22812	Gulliksen Norm 79 Weaver Avenue Harrisonburg VA 22801 434-2692	Matheney John P.O. Box 642 Dayton VA 22821 879-2260	Phillips John & Debbie 533 River Falls Drive River Falls WI 54022	Werner Bruce & Donna 1450 Crawford Avenue Harrisonburg VA 22801 433-8977
Jennis Mario & Mur 111 Grace Street Harrisonburg VA 22801 34-3521	Hadley Janet 519 Elm St. Broadway VA 22815 896-1386	Mauck Craig 15 South Liberty Harrisonburg VA 22801	Price Eleanor 1310 Crawford Avenue Harrisonburg VA 22801 433-0539	Yankey Rodney Box 325 Timberville VA 22853 896-2648
Jerrer Michael 06 Nutmeg Court Harrisonburg VA 22801 34-9506	Haire John 1403 N. Augusta Street Apt. 3 Staunton VA 24401 885-6361	McCarrick Bill 694 Axeltine Drive Staunton VA 24401 886-4602	Rippy Sue 1211 Garber's Church Road Harrisonburg VA 22801 433-3017	Zyban John Route 2, Box 132-C Staunton VA 24401 885-5620
Prinkard Julie P.O. Box 694 Dayton VA 22821 79-2649	Hanson Scott Route 2, Box 269 Elkton VA 22827 289-9586	McCarty David & Judith 366 Monticello Harrisonburg VA 22801 433-6242	Ritchie Ray & Nancy 252 High Street Timberville VA 22853 896-2913	

RIDING

FAT TIRE

July 11-12, Slatyfork Stage Race: Gil Willis put on another fun event with his 10K hill climb ending at the top of Sharp's Knob. Craig Mauck placed 4th overall, 10 mins. ahead of the next Veteran and rocked, rolled and slid to 4th in Expert trials through water up to 3 feet deep! Videos were shown of each day's riding, as well.

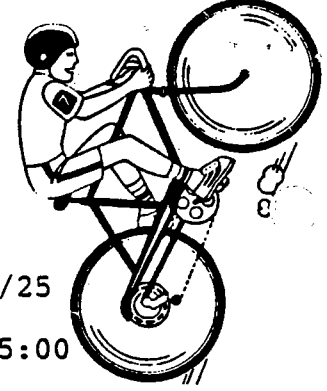
August 2, East Coast NORBA Nationals, Simburg, CT.: Rockhopper East sponsored a 1-mile hill climb sprint, a flat, grassy miss-and-out race, and trials to warm up the participating riders before the rough, technical cross-country event on Sunday. Sue Rippe earned gas money for 2nd in the hill climb and 4th in the Expert Women's Event. Craig Mauck won the Vet. race and placed 2nd in stock bike trials. Pro sensation John Tomac plowed the field to win it all, on his way to probably his first National Championship at Durango, CO in early September.

COMING UP: ROSS/SWATCH 4-DAY STAGE RACE, SEPT. 17-20. This annual event outside Amherst, MS offers over \$15,000. cash to riders who maintain a consistent pace for 8 events that include trials, hill climb, time trials and a savage multi-lap cross country race. Time Bonuses are offered for trials skill, so anyone can come home with the green. The camping in beautiful Wendel State Forest is alone worth the trip. For info., call 1-800-221-6764.



AUGUST DRY RIVER TIME TRIAL RESULTS

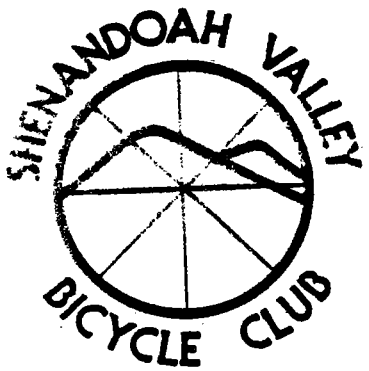
Name	8/4	8/11	8/18	8/25
Joelle Austin	26:32	27:05		27:04
Stacey Baker	26:35		25:10	25:09
Serena Benson		28:50		
Mick Bowman	31:35	29:04	28:00	
Dave Carey	26:39	26:24		26:25
Al Clague	24:06	24:03	23:50	24:24
Sue Clague		32:14	30:22	
Michael Derrer	28:04	26:12	26:36	
Mike Downey		27:53	26:33	
Julie Drinkard (Mt. bike)	32:01		30:53	31:11
Bernie Edwards		28:21	28:01	28:29
Rusty Folds		28:48	28:19	
Anna Gerard				32:15
John Haire	25:10		25:03	
Jody Hess	28:23	26:50	26:32	27:06
Tom Harbeck		24:41	23:59	24:14
Tom Houff		23:15	22:40	22:40
Sydney Jackson		out	25:11	25:47
Garth Johnson			24:37	
Jill Johnson		26:00		26:24
Mike Kase	FLAT		26:18	
David Lovegrove	26:17	25:51	25:49	
Craig Mauck	22:27	22:12		22:00
Bill McCarrick		22:21	21:48 *	21:55
Mike Miller	24:45		23:56	24:34



AUGUST DRY RIVER TIME TRIAL RESULTS, continued:

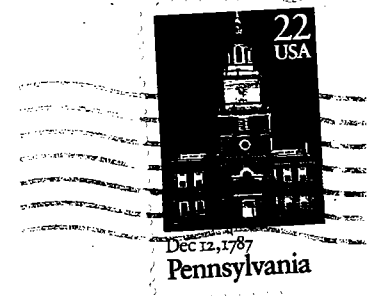
	8/4	8/11	8/18	8/25
Peter Mullen				25:00
Scott Powers		28:59	28:32	
Tommy Rice		29:56		
Bob Ring				27:20
Sue Rippy	25:29		25:04	
Bob Sease				26:05
Steve Slaubaugh				26:49
Steve Szibler	25:50	24:42		
Les Welch		23:46	23:50	24:40
Mike Wenger	24:45	23:04	23:19	23:52
Tim Wion			25:33	
Tim Wolters		26:57	25:57	25:49

* NOTE: Bill McCarrick's 21:48 time sets a new course record for the 10-mile Dry River time trial course. Congratulations Bill!!!



P. O. Box 1014
Harrisonburg, VA
22801

Art & Kathy Fovargue
210 Monument Avenue
Harrisonburg VA 22801



SVBC MEETING:

Monday, September 14
7:30 PM - Wellness Center
CORE STATES RACING VIDEO

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