

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER
~~October, 1988~~

Nov '87

OFFICERS

President:	Art Fovargue	433-9247
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
Newsletter:	VACANT	

PRESIDENT'S COLUMN

At the October meeting, a new ride policy for generating new members was discussed. The policy would be to charge \$1.00 to non-members at time trials and some of the larger tours. This fee would cover some expenses (sag, refreshments, etc.) and hopefully encourage more area cyclists to join the SVBC. Fees would be applied to the membership dues if an individual wanted to join later. Because only 11 SVBC members were at the October meeting, we wanted to offer all members a chance to comment, and so will discuss it and more and likely vote on it at the November meeting. Bring your comments and thoughts then, or call me or one of the other officers.

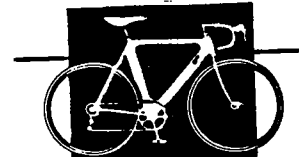
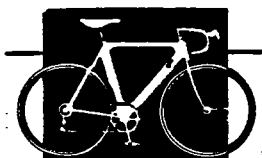
Thanks to Craig for his Jamaica Night program at the October meeting. Sorry I missed it.
--Art--

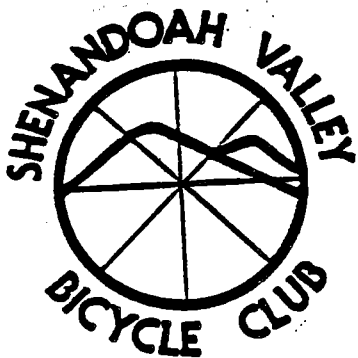
NOVEMBER MEETING: CHINA PERSPECTIVES

On Monday evening, November 9, Charles Churchman will discuss his trip to China last year, and compare bicycling here and there. Charles, who teaches in the English Department at Bridgewater College, spent the 1986/87 academic year at the Foreign Language Institute in Dalian on the east coast of China. In addition to experience bicycle commuting, he found some time for some short tours. Charles will share his observations on bicycling there punctuated with adventure stories. Be sure not to miss this view of a bicycling society a bit different than ours. See you November 9 at 7:30 PM at the Valley Wellness Center.

NEW MEMBERS:

John Powers
Ann Steenburgh
Donna Hill
Greg Middleton
Mike Quigley





P. O. Box 1014
Harrisonburg, VA
22801



Art & Kathy Fovargue
210 Monument Avenue
Harrisonburg, VA 22801

SVBC MEETING:

Monday, NOVEMBER 9
7:30 PM - Wellness Center

CHINA PERSPECTIVES

MARK'S BIKE SHOP contributes to the cost of the SVBC's monthly newsletters

NEWSLETTER EDITOR

When I read the salutation in the October newsletter, "That's all folks," little did I realize how prophetic that was. Due to other commitments, Julie Drinkard has resigned as newsletter editor. The SVBC would like to thank Julie for doing a fine job on the newsletter for the last couple of months, and we hope she'll maintain her active level of cycling.

Hence we have a void in our newsletter editor department. Sue Rippy after some arm twisting and a typewriter loan, has agreed to temporarily take over these duties. However, we need to search for a more permanent person. Therefore, if you are interested in this position, or know a SVBC member who may be, please let me know. The duties of the newsletter editor are roughly as follows:

1. Attend executive committee meetings when possible
2. Type, word process, cut & paste material to put together monthly newsletter over a period of a couple days
3. Deliver master to printer and notify the addresser/mailler person that it has been delivered to printer.

If you have any questions on what it involved, call me at 433-9247.
--Art--

TRANSPORTATION 2020

Received the following in our mail recently. If any SVBC member thinks they may be able to attend and offer a bicyclist's voice, call Art Fovargue. We have sent away for more details.....

TRANSPORTATION HEARING ALERT
Dear Cyclist:

Transportation 2020 is a new national effort to plan for America's transportation future through the year 2020. The first stage is a series of hearings around the country this year and the next. Unfortunately, no one invited the cyclists!

We're working with the Bicycle Federation to address this mistake. But we need your help. Cyclists must speak out at these hearings. At the very least, we must send written comments. Please do your part and make sure the bicyclist's voice is heard loud and clear at your state's hearing, which is scheduled for Tuesday, Dec. 1, Richmond Highway Department Auditorium.

If you would like more details or some sample testimony, write to me. Please enclose a SASE.

--John Williams, Editor/Bicycle Forum



**Woodsy Owl says
for Clean Air Ride a Bike**

**Give a hoot.
Don't pollute.**

Forest Service, U.S.D.A. 

RACING

The last time trial of 1987 was held October 6, in cool, breezy, and somewhat dim conditions, proving indeed, it was finally time to call it quits for the year. Bill McCarrick set a new course record this summer of 21:48 breaking Craig Mauck's previous course record of 22:02 set in September of 1986.

Some memorabilia.....In July, 1983, Jim Strang rode the what was then, fastest time imaginable of 23:32 ridden by Glenn Miller in May of 1983, and bettered it by almost a minute, setting a long-time course record of 22:17. Craig Mauck broke that record in September, 1986 with a 22:02. Craig's course record held until this year, when Bill McCarrick tied that record and then broke it with a tire-burning time of 21:48. While looking up memorabilia, I found some little known and long forgotten bits of trivia I'll pass on..... March 19, 1983, was the very first time trial held by the SVBC at our Dry River time trial course, the one we use today. Ten riders showed up and the two fastest times were released in our newsletter. Craig Mauck turned in a SIZZLING time of 26:21 and Dennis Herr was second with a time of 26:32. Waltine Begoon and Sue Rippey raced it out that day too, Waltine with a 34:03 and Sue, a 31:14. Currently, Sue has the women's record of 25:04. HOW "TIMES" HAVE CHANGED!!!!

--Sue--

10-6-87

David Lovegrove	27:51
Mike Wenger	26:01
Craig Mauck	23:14
Bill McCarrick	22:20
Steve Slabaugh	27:31
Dennis Herr	24:14
Tim Wolters	27:04
Matt Bracken	26:19
Jody Hess	28:21
Wayne Hall	28:03
Les Welch	25:22



RACE RESULTS: SPRING HILL ROAD RACE - Sunday, October 11.

- EXPERT (3 laps)
- | | |
|---|-------------------|
| 1. Bill McCarrick
(winner of the hill prime) | 5. Tim Wolters |
| 2. Tom Houff - 2nd hill prime | 6. Al Clague |
| 3. Joe Hiney | 7. John Haire |
| 4. Bob Textrill | 8. Leonarde Lopez |
| ***** | - Mike Wenger DNF |
| ***** | ***** |
- INTERMEDIATE (2 laps)
- | | |
|-------------------|-------------------|
| 1. Matt Bracken | 3. Dain Hammond |
| 2. Steve Slabaugh | 4. Bernie Edwards |
| ***** | ***** |
- NOVICE (1 lap)
- | | |
|-----------------|--------------|
| 1. Frank Carver | 2. John Cope |
| ***** | ***** |
- WOMEN (2 laps)
- | |
|--------------------|
| 1. Kate Finkleiner |
|--------------------|

RACE RESULTS:

REDDISH KNOB HILLCCLIMB - Sunday, October 25 was the date for the 2nd Annual Reddish Knob Hillclimb to the nearly 4,000 ft. peak of Virginia's 2nd highest mountain. Seventeen riders showed for the 10 mile jam to the sun, nearly half of which represented James Madison University's newly formed cycling club. Mother Nature cooperated with a clear, sunny day, so to enjoy the dazzling fall colors as they slowly slipped by on the way up that steep and winding road. Without last year's jackrabbit start, the winning times were over a minute off the course record of 45 minutes flat. A capacity crowd of 100 people were at the summit to hail the finishing riders and refreshments were provided by th SVBC. Thanks to Mike and Beth Wenger, racing co-directors, Bill Sorwine for pacecar duties, and local bike shops for sponsoring prizes.

--Craig--

- 1. Craig Mauck 46:10
- 2. Bill McCarrick 46:34
- 3. Tom Houff 49:27
- 4. Steve Szibler 49:58
- 5. Matt Bracken 52:51
- 6. Al Clague 54:21
- 7. Mike O'Brien 54:43
- 8. Robert Terrill 57:10
- 9. Joe Hiney 58:30
- 10. Gordon Stiel 58:43
- 11. Steve Baker 59:06
- 12. Bill Tomcieh 73:02

NOVICE

- 1. Wayne Hall 59:17
- 2. Bernie Edwards 73:02
- Todd Strong DNF
- Eric Boysen DNF

WOMEN

- 1. Jennifer Cain 67:24

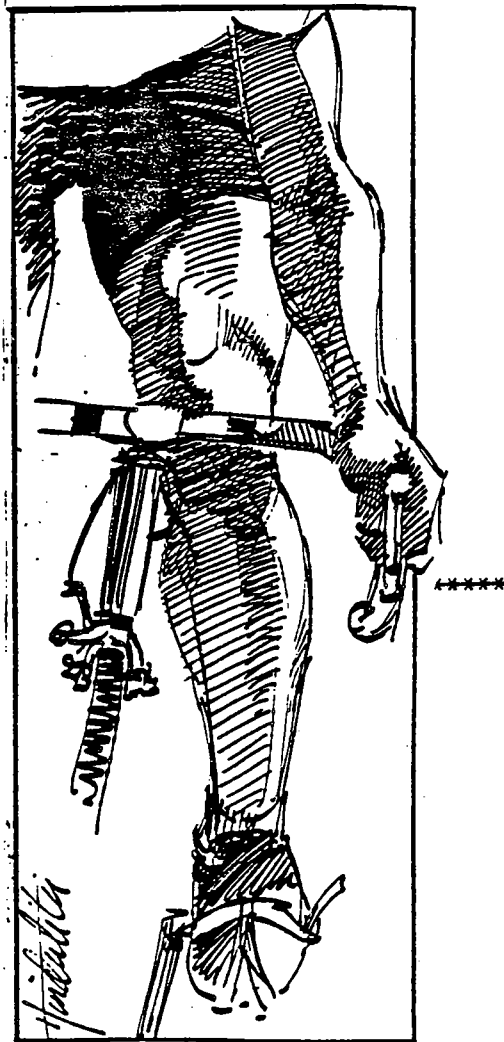
SAFETY

On one of the last of the Thursday evening training rides, John Vaughan of the JMU Club, gave an impromptu workshop on handling the DOG PROBLEM. When a medium sized mongrel ran into the pack of 6 riders looking for a free lunch, John lifted his fron wheel as to avoid a "D. Frye" and calmly rode over the mutt just behind it's stubby front legs!! Way to go John, we was proud!!

--Craig--

CLASSIFIED:

1985 SUBARU 4WD wagon
Fully equipped - Bike rack, ski rack
Hold 4 bikes inside
BIG E says B.O.!!!!!! "best offer"



RIDE CALENDAR

Sunday, November 15: "WAY OFF" ROAD ride from Eriery Branch Gap to Rawley Springs (ending at Ottobine Store). Depending on the weather, count on anything from 3 to 6 hours...also depending on which way we come off the mountain. Be ABLE, be PREPARED, NO street bikes, please. Leave Sue's house (1211 Garbers Church Rd) at 9:30 AM sharp, or Eriery Branch Gap at 10:30. Bikes and people will need to be transported to the Gap....plan accordingly. NO SAG, NO SUPPORT.....Inquiries advised. Sue Rippy 433-3017.

ANYBODY OUT THERE RIDING??????????????

Eleanor's "Fall Inventory Clearance Ride and Fall Frolic" was everything advertised and more! The

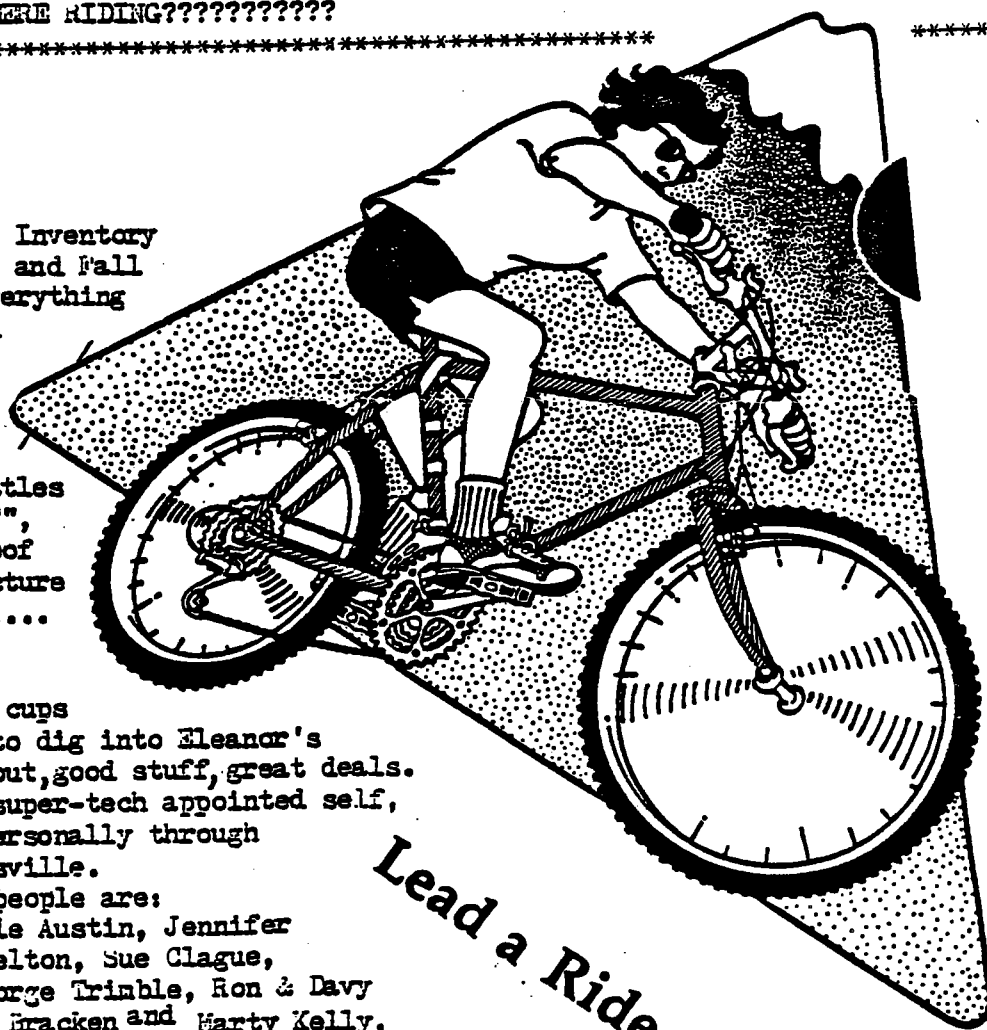
surprise promised by Eleanor was individual bottles of "FLAT PROOF", a puncture proof bottle of puncture preventative..... GOOD to have.

We got some peanut butter cups and a chance to dig into Eleanor's closet close-out, good stuff, great deals. Eleanor, her super-tech appointed self, lead us out personally through sunny McShaheysville.

FLAT PROOFED people are:
Eleanor, Joelle Austin, Jennifer Cain, Carol Felton, Sue Clague, Sue Rippy, George Trimble, Ron & Davy Radloff, Matt Bracken and Marty Kelly.

THANKS, Eleanor.

--Sue--



Lead a Ride!

"NO QUICHE" '87

Sunday, October 18, the "No Quiche" Mountain Century found 9 waking riders (Craig Mauck, Dennis Herr, Tom Harbeck, Matt Bracken, Sue Rippy, Les Welch, Jody Hess, Larry Grossman, and John Zyban) assembled at Waterman School for the fast tour of the peaking foliage over the New Market mountain, across the Page Valley and up to the Skyline Drive at Panorama for the first rest stop. Stripping off tights and sweaters, we prepared for the "meat" of the quiche, 35 miles of jamming up and down along the top of the beautifully clear Blue Ridge mountains, south to Big Meadows where a longer calorie uptake session was held and then on down and up and down to Elkton and in on Rt. 33 to Harrisonburg. In keeping with the theme of the ride, Dennis Herr and myself hammered into town without looking back and headed straight for a few cold brewskis at the Grill and, uh, thanks, but "No Quiche", please.....

--Ride Leader, Craig Mauck--

SOCIAL: Monday, November 16, another Jamaican Night will take place at the Little Grill on N. Main Street. A traditional Jamaican meal will be offered with a tropical dessert with fresh nutmeg in. Red Stripe beer and organic Blue Mountain coffee for thirst. A slide show of the isle of paradise will be shown and reggae music will provide the aural ambience. This will be your last chance to see the terrain for the SVBC '88 winter training camps and Third World Tours, so put this one in your calendar, 6 PM, Monday, November 16.

--Craig--



DRESS FOR SUCCESS

• It's that age-old dilemma: you dress up warm for a winter ride, only to get overheated a few miles out. It's certainly not surprising, since even mild exercise can make you feel 30 degrees warmer than the actual air temperature.

One of the best ways to cope with changing temperatures is a layer apparel so that the inner garment absorbs and wicks away perspiration, the second provides warmth, and the third protects against wind and rain. An excellent arrangement for a cyclist might be a polypropylene undershirt, followed by a jersey and shorts or tights of a blend containing polypro or wool, and topped off by a jacket or rainsuit of Gore-Tex, which, unlike nylon or vinyl, lets perspiration evaporate while keeping moisture out.

In very cold climates you might wish to use an outer garment lined with down or Thinsulate (the latter is a synthetic that provides most of the warmth of down without the bulk and weight).

Layering in such a manner also allows you to adjust for comfort by adding or removing garments. Offering even more versatility for cyclists are arm and leg warmers that can be peeled off and stuffed in your pockets once the heat is on.

And remember that about 70 percent of body heat is lost through the head and hands, so your cycling ensemble should include a hat and gloves of any of the aforementioned materials.

