

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

MAY 1988



OFFICERS:	Mike Kase	President	879-2649
		Vice President	
		Secretary	
	Julie Drinkard	Treasurer	879-2649
	Jack Foster	Racing	828-4047
	Pat Ulik	Touring	433-0756
		Publicity	
	Donna Werner	Newsletter	433-8977

PRESIDENT'S CORNER



I'm writing this having just returned from the Tuesday night time trial, where Bill McCarrick has again broken the course record. With his new time trial machine, Bill busted loose and did an incredible 21:18. Congratulations, Bill!!! Bill's "shrimp" colored, custom built machine is the brainchild of his and Larry Knuckles of the Staunton Bike Shop. You'll be able to get a look at this bike at the next regular club meeting, where the boys will give a presentation on how they did it. Don't miss it.

Eleanor Price's wallpapering business is booming and as a result she has had to resign as an officer. This leaves us with two vacancies, so your executive committee will be calling you soon to ask you to serve. So why don't you save us the trouble and volunteer? Yes, pick up the phone and call me. Yes, you! You know I mean you!

The latest news from L.A.W. is that liability insurance is now available through them at very reasonable rates. It probably won't be necessary to raise dues this year. Events such as AGVITTH can be covered by purchasing a rider (No pun intended). Regular rides and time trials are covered. I strongly urge you to attend the next regular club meeting on May 9 for details and possible vote action. This is probably the most crucial vote (outside of the U.S. Presidential election) that you will make this year!

As you can tell from the activities listed on the calendar, Pat Ulik and the touring committee have been quite busy planning rides that attempt to fit everyone's schedule, ability and taste. Please call her if you are interested in any of the day rides or are interested in leading one. We need your ideas. Let us in on your secret route!

Lastly, a special thanks to Mark Nissley, Scott Harlow and Serena Benson for the fine presentation at the last meeting. It was informative and useful information that many of us can and will use. Thanks, guys (and lady)! Any suggestions for future presentations at the regular meetings will be welcomed. I'll see you out on the road and on May 9, at the meeting.

Yours, Mike



MAY MEETING: "New Time Trial Bicycle"

On Monday, May 9th at 7:30 PM we will be meeting at the VALLEY WELLNESS CENTER for the regular business meeting and program. Larry Knuckles and Bill McCarrick will be showing their new time trial bicycle. They designed and built this machine that has broken the course record at our Tuesday Time Trials.

TIPS FOR RIDERS

1. Arrive, ready to go, a few minutes before advertised time, with bicycle in good condition. Be aware of the ride code.
2. Ask ride leader any questions you have.
3. Obey all traffic regulations. Remember, bicycles are vehicles and have no special privileges.
4. Ride predictably. Signal turns and other moves, otherwise ride in straight line.
5. Give verbal signals to other cyclists such as "on your left", "car back", "hole", "glass", etc.
6. Ride in single file anytime a car will pass. Maintain single file in heavy traffic areas.
7. When stopping to rest, get yourself and your bicycle entirely off the road. Leave room for other cyclists to stop off the road, too.
8. Notify ride leader if you won't be returning to the ride's finish point, or if you quit ride early.
9. Carry some tools, spare tires, etc. if you have them.
10. Bring plenty of water in warm or hot weather.
11. Hard helmet strongly suggested.

SUE RIPPY is pleased to announce she has been selected to the "A" Womens Team of the Whole Wheel Velo Club of Fairfax, VA. Benefits include team clothing and various equipment donated by the WWVC, The Bicycle Exchange, AT & T, American Airlines, Exceed, and Subaru.
C O N G R A T U L A T I O N S !

BILL McCARRICK triumphs in North Carolina.

Bill McCarrick of Staunton broke away with 4 laps to go, at the prestigious Wellspring Criterium in Durham NC, Sunday, May 1, to stay away and WIN the over 100 rider, Cat. III race. Furthermore, on the previous day, Bill placed 4th in the 32 mile Sr. Cat III road race at the regional classic, Tour de Moore in Southern Pines NC. Looks like Bill's career as a Cat. III racer is going to be short---at this rate, he'll be a II soon. CONGRATULATIONS, Bill.

Also "in the money" at the Tour de Moore was Sue Rippy, who placed 14th overall in a field of 50+ Sr. Women, and was also recognized as 2nd place Vet.

APRIL DRY RIVER TIME TRIAL RESULTS

<u>Name</u>	<u>4/12</u> "Conditions Beligerant"	<u>4/19</u> "ditto"	<u>4/26</u>
John Baxter			26:05
Serena Benson	32:17	34:18	
Matt Bracking (sp?)		26:42	23:46
Kim Clark		33:05	
Chris Cutler		25:58	23:33
Rich Effer			23:24
Jack Foster			25:59
Rob Gough			28:16
Jody Hess	32:10	30:15	
Joe Hiney		27:20	25:20
Tom Houff		25:48	
Mike Kase		31:52	27:36
Bill McCarrick			21:18*
Sue Rippy		29:07	25:34
Steve Slaubaugh		31:50	26:33
Winston Shifflett		30:09	26:45
Les Welch	29:26		25:58
Mike Wenger		27:09	24:30
Tim Wolters		29:42	26:21

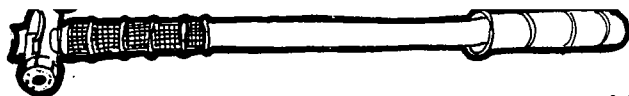


BICYCLE USA News

*NOTE: THAT Bill McCarrick has done it again - broken the record!



**** SVBC RIDE CALENDAR *****



- Saturday, May 7 Ride for Mothers and anyone else, about 12 miles, start at the Route 33 East Investors Savings Bank Parking Lot at 8:00 AM. Slow, easy pace, some hills. Info. Donna Werner 433-8977.
- Wednesday, May 11 Wednesday Evening Ride (impromptu) Meet 6:00 PM The Little Grill
- Saturday, May 14 New Market Battlefield Breakfast Ride 45 miles Meet 8:00 AM, Waterman School. Info: Norm Gulliksen, 434-2692 or Pat Ulik 433-0756.
- Sunday, May 15 Augusta County Circuit 30 miles, eating is on the agenda; meet 9:00 AM, J. C. Penny's at Staunton Mall Info.: John Zban 703-885-5620.
- Saturday, May 21 Breakfast Boogie (carbo loading before the Century) Meet at Hilltop Cafe (802 Chicago Ave.) 8:00 AM Info: Lauri Berquam 434-3525
- Sunday, May 22 Century Ride (25,50,75,100 and metric) Flat, nice rides, good for beginners; store stop in the middle of each loop; sag wagon; maps provided; Registration 9 to 11 AM at McGaheysville Elem. School; No charge; Info: Eleanor Price 433-0539.
- Wednesday, June 1 STRAWBERRY SHORTCAKE RIDE, meet at 6:00 pm at Lewis's rain or shine for shortcake treats and other strawberry delights (not necessary to ride for treats); Info: Mary Lu Lewis 867-5363 (CALL for reservations - 36 satisfied participants last year).
- Saturday, June 4 Mennonite Express Breakfast Ride; meet at 8:00 AM at Thomas, 36 miles. Info: Pat Ulik 433-0756.
- Sunday, June 5 Brunch at Bryce; meet 9:00 AM Timberville-Jamesway Shopping Center on Highway 42. Info: Mike Kase 879-2649.
- Sunday, June 12 Staunton Spin; meet 8:30 AM at Duck Pond in Gypsy Hill Park, Staunton; about 50 miles. Info: Dave Cary (703) 886-7900

AMERICAN LUNG ASSOCIATION OF VIRGINIA
SHENANDOAH REGION

BICYCLE TOURS for 1988

June 19 (Sun) - Lung Association ride based in the Staunton area with a \$10.00 registration fee. All profit will be applied towards the \$5,000.00 that Russ Culver, a SVBC member, must raise for the Lung Association in order to participate in the 1988 TransAmerican Bicycle Trek. Take-off time: 1:00 pm. Distances: 10, 25 and 50 mile routes. Meal included. Each rider will be eligible for prizes, including a Mountain Bicycle donated by Cool Breeze Cyclery. Drawing for the prizes will take place at the Shenandoah Bicycle Tours ride on July 24, 1988. Helmets Required. Call 434-LUNG for more information.

Shenandoah Bicycle Tours will consist of three rides, July 10 in Harrisonburg, July 17 in Waynesboro and July 24 in Staunton. No registration fee. Free T-shirt and pizza. Each rider will be eligible for prizes, including a Mountain Bicycle donated by Cool Breeze Cyclery. Drawing for the prizes will take place at the last ride on July 24, 1988. Distances: 10 and 30 mile routes. Take-off time: 1:00 pm. Helmets Required. Call 434-LUNG for more information.



October 8-10
Columbus Day
Williamsburg
Tour & Campout

BIKE MONTH

MAY 1988 SVBC RIDE CALENDAR AND MILEAGE CHART

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Time Trials 6:00 PM	4	5	6	7 RIDE FOR MOTHERS AND OTHERS 8:00 AM
8	9 SVBC Meeting Wellness Center 7:30	10 Time Trials 6:00 PM	11 6:00 PM Impromptu Ride from The Little Grill	12	13	14 New Market Battlefield Breakfast Ride 8:00 AM
15 Augusta County Circuit 9:00 AM	16	17 Time Trials 6:00 PM	18	19	20	21 Breakfast Boogie 8:00 AM
22 Reg. 9-11:00 CENTURY RIDE (25,50 75,100,Metric)	23	24 Time Trials 6:00 PM	25	26 Exec. Comm. Meeting 7 PM Luigi's Back Room All welcomed.	27	28
29	30	31 Time Trials 6:00 PM				

JUNE 1988 SVBC RIDE CALENDAR AND MILEAGE CHART

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Strawberry Shortcake Ride 6:00 PM	2	3	4 Wenonite Express Breakfast Ride 8:00 AM
5 Brunch at Bryce 9 AM	6	7 Time Trials 6:00 PM	8	9	10	11
12 Staunton Spin 8:30AM	13 SVBC Meeting	14 Time Trials 6:00 PM	15	16	17	18
19 Lung Assoc. Ride for Russ Culver	20	21 Time Trials 6:00 PM	22	23	24	25
26	27	28 Time Trials 6:00 PM	29	30		

SVBC STRONGLY RECOMMENDS THE USE OF HELMETS ON ALL RIDES!

"Spend A Weekend Behind Bars" September 16-18, 1988 - The American Lung Association of Virginia's statewide bicycle trek. Helmets Required. Call 1-800-345-LUNG or 434-LUNG for more information.

TIME TO RENEW, ALSO A GREAT TIME TO JOIN!

The month of March started the 1988 SVBC Year. If you haven't turned in your dues, remember to do so now. Please indicate your ride preference committees you may wish to work with and sign the release on the application below. Mail or bring to the **MAY** meeting.

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s) _____ Phone _____

Address _____
street city state zip

Check type of membership desired:

INDIVIDUAL ____ (\$5) FAMILY ____ (\$8) JUNIOR (12-16 Yrs.) ____ (\$2)

NOTE: Membership begins in March of this year, and lasts until next March.

PLEASE INDICATE YOUR INTERESTS BELOW

RIDE CLASS DESIGNATION	APPROX. SPEED (MPH)	APPROX. DISTANCE (MILES)	CHECK HERE
A	14-22	25-100	_____
B	12-16	15-60	_____
C	8-12	10-35	_____
D	less than 10	5-15	_____

INDICATE TYPE(S) OF CYCLING IN WHICH YOU ARE INTERESTED

____ Racing ____ Off-Road ____ Recreational ____ Overnight Tours ____ Other (specify)

WOULD YOU BE INTERESTED IN SERVING ON ANY OF THE FOLLOWING COMMITTEES?

____ Racing ____ Touring ____ Program ____ Safety ____ Century ____ AGVITHH

SHENANDOAH VALLEY BICYCLE CLUB RELEASE

All club members must sign the release below. For persons under the age of 18, the parent or guardian must sign. Any person riding on an invitational status must furnish a release. This signed release will remain in effect as long as the Club is officially active.

In signing this release for myself, or for the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, and the members, also any others connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience suffered. I understand that the Club is not responsible for and is not an insurer of my personal safety. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and practice courtesy and safety in cycling.

signature of Club member or applicant

date

signature of parent or guardian of member under 18

RETURN TO: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22801

FOF SALE: SR 800 CANNONDALE SIS SUPERPRC 12 speed 53 cm \$650
Eleanor Price 433-0539

ARTICLES FOR THIS NEWSLETTER ARE WELCOMED.

Send articles to Donna Werner, 1450 Crawford Ave., Harrisonburg, VA 22801

DEADLINE: Last Monday of the month!



RIDE OF THE DIRTY SEVEN

Sunday, April 17, was a brilliant day. There was, however, a frost for the morning sun to attack. The crisp Artic air, entering from over Montana and Wisconsin, persisted until mid-afternoon.

The "Dirty Seven" wheeled out at 9:20 AM for Todd Lake. All of them were "Born Again Rebs." They were throw backs to Montana, Wisconsin and the two New's (Jersey and York). Their motivation for migration was chained to the fact that:

- a. The South would rise again.
- b. The Shenandoah Valley is a good place to bike.

The 50+ mile "grind" went off with no adversities. There were head winds, cross winds and finally a tail wind. Frankly, the ride was less taxing than my first ride to Todd Lake in the summer of 82. I was only 65, then.

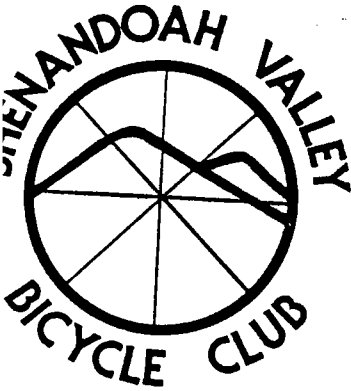
The Dirty Six (one warrior had to report back to his "HUB" by 1300 hours) had a "Pig Out Picnic" on the beautiful sand shore of Todd Lake. The food, primarily, was low gear and low cholesterol. One of the "Dirty" did bring smoked oysters. Tooling away from our picnic site, I did see a bear rooting in the trash barrel for "smoke".

Three of the Dirty, half-dozen, came back from the ride as they departed - Dirty. The other three returned clean. How? It's simple! - they went Skinny Dipping in Todd Lake's ice water. The Artic breeze was another +.

Perhaps a more accurate title for the ride is "Ride of The Dirty Four".

Come out and join the fun of riding your bike with the SVBC.

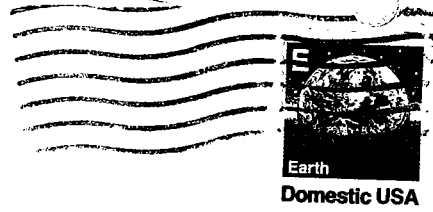
Norm



P.O. Box 1014
Harrisonburg, VA
22801

BC MEETING:
May 9, 1988
Monday 7:30 PM
Illness Center
Program: New Time
Trial Bicycle

*If you have not paid
your dues for 88-89, then
this will be your last newsletter!*



Art & Kathy Fovargue
210 Monument Avenue
Harrisonburg VA 22801



PAST
Dues Are Due

MARK'S BIKE SHOP &
COOL BREEZE CYCLERY contribute to the cost of the monthly newsletters..
