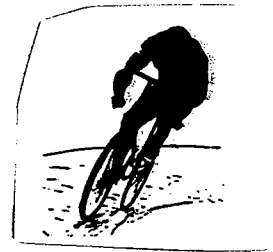


SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

JUNE 1988



| | | | |
|-----------|----------------|----------------|----------|
| OFFICERS: | Mike Kase | President | 879-2649 |
| | Art Fovargue | Vice President | |
| | Julie Drinkard | Secretary | 433-9247 |
| | Jack Foster | Treasurer | 879-2649 |
| | Pat Ulik | Racing | 828-4047 |
| | | Touring | 433-0756 |
| | | Publicity | |
| | Donna Werner | Newsletter | 433-8977 |



PRESIDENT'S CORNER

Well summer's kicking into high gear and I hope your summer riding is also. Check out the ride schedule and make sure you join us for a ride soon.

In addition to the scheduled rides I want to bring your attention to a couple of very important items. Two of our very own are achieving not riety in cycling and deserve our support.

First Russ Culver is a part of the American Lung Association Trek across America. He is attempting to raise \$8,000.00 for the association while he rides across the U.S.A. A ride in his honor is being held in Staunton on June 19th. Ride fee is a \$10.00 donation. Please plan on attending.

Secondly, our own Sue Rippy is at it again being one of the most competitive women on the veteran circuit. She has the opportunity to compete at the worlds in Austria again this summer. In order to do this, she needs our help. On Saturday, June 25 the club will sponsor the "ALLEGHENIES TO THE ALPS" fundraising auction at Hillandale Park, Shelter #2. Your executive committee is now currently seeking merchandise donations from local merchants. So far we have received donations from Mark's Bike Shop, Cool Breeze Cyclery, J. C. Penney, Outdoor Sports, Roth Theater and Staunton Bike Shop to name a few. If you know of a merchant who might be willing to donate goods to be auctioned please call me for the procedure. In order to bid on items a ticket (costing a dollar) must be purchased. Tickets will be available at the next regular meeting. We hope all members will purchase tickets and attend the event and also sell tickets to friends and relatives.

Sue will lead a ride beginning at 3:00 PM on Saturday with the auction beginning at 5:00 PM. Food and refreshments will also be on sale. A party will commence at my house located at 195 Main Street in Dayton following the auction.

Please come out and support our friends in a show of admiration and love. I'll see you on the road.

Yours, Mike

JUNE MEETING



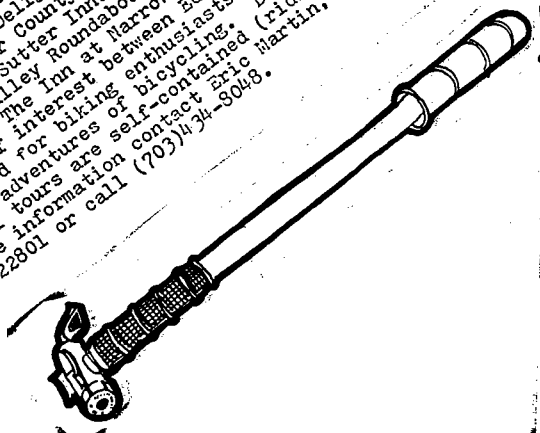
Our June meeting will begin with a bicycle ride, leaving Shelter # 4 at Hillandale Park at 6:30 PM. The regular business meeting will begin after the ride at about 7:30 PM. See you on Monday, June 13th at Hillandale Park, (Route 42 - High Street South) Shelter # 4 (first road to right, on the right; look for the number).



SHENANDOAH VALLEY BIKE ODYSSEYS

June 24 - 26
 July 8 - 11
 July 15 - 18

1988 Tours
 Chimney Sweep Weekender (2 days, 2 nights)
 Stay at the Pumpkin House Inn near Mt. Crawford. Tours of the area including Natural Chimneys and Harrison House.
 Dutch Country Delight (3 days, 3 nights)
 Tour Lancaster County, Pennsylvania. Stay at Greystone Inn and General Sutter Inn. Good food and beautiful countryside.
 Northern Valley Roundabout (3 days, 3 nights)
 Begins at The Inn at Narrows Passage. Travel and visit the points of interest between Edinburg and Strasburg.
 SVBO tours are designed for biking enthusiasts who want to combine a vacation with the challenging adventures of bicycling. Daily tour routes vary from 15 to 45 miles. All tours are self-contained (riding without vehicular support). For more information contact Eric Martin, 858 College Ave., Harrisonburg, VA 22801 or call (703) 34-3048.



Clean Spring Air

Bicycle Ride

In Honor of Russell Culver
 1988 TransAmerica Trekker for the
**AMERICAN LUNG ASSOCIATION OF VIRGINIA
 Shenandoah Region**

PIZZA, PRIZES, FUN!

Register for drawing to be held July 24! **GRAND PRIZE:**
 Mountain Bicycle donated by Cool Breeze Cyclery
 Other prizes include: Car Bicycle Carrier donated by Cycle-Recycle
 Bicycle Shorts donated by Staunton Bicycle.

WHEN: June 19, 1988

WHERE: Gypsy Hill Park, Duck Pond - Staunton

- ☑ Ride at your own pace with three route options:
 40 miles - leave at 1:00 25 miles - 1:30 10 miles - 2:00
- ☑ FREE PIZZA AND DRINKS for all riders beginning at 4:00
- ☑ PRE-REGISTER at Cool Breeze Cyclery, Harrisonburg, Staunton Bicycle, or Bicycle World & Cycle-Recycle in Waynesboro
- ☑ REGISTRATION FEE (tax ded.), payable June 19: \$10.00 for adults, 12 & under free. All proceeds will be applied toward \$8,000.00 that Russ Culver is raising for the Lung Association in order for him to participate in the 1988 TransAmerica Trek.
- ☑ ALL AGES INVITED - 12 years and under MUST be accompanied by an adult on the route
- ☑ HELMETS REQUIRED - 25% off helmets at bicycle shops listed above
- ☑ SPECIAL GUEST RIDER: Buck Bates - 1987 TransAmerica Trekker

SPONSORED BY: COORS BREWERY

Special thanks to: Shenandoah Valley Bicycle Club for planning, & Pizza Hut for discount on pizzas

For info call (703) 434-LUNG (Harrisonburg) (703) 635-5400 (Front Royal) (604) 295-9343 (Charlottesville)

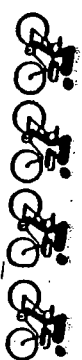
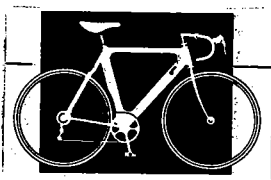
MAY DRY RIVER TIME TRIAL RESULTS

| | 5/3 | 5/10 | 5/17 | 5/24 |
|-------------------|-------|-------|-------------|--------------|
| Susan Arnold | 29:48 | 27:29 | <u>RAIN</u> | 27:29 |
| John Baxter | 26:18 | 26:38 | | 26:03 |
| Ned Beaver | | | | 26:54 |
| Serena Benson | 28:36 | 27:14 | | 27:26 |
| Matt Bracken | | 24:02 | | |
| Dave Cary | | | | 26:41 |
| Kim Clark | 27:42 | 26:27 | | |
| Mike Downey | 27:14 | 25:04 | | 24:26 |
| Jack Foster | 27:26 | | | |
| David Frye | | 28:04 | | |
| Rob Gough | | 27:48 | | |
| Jody Hess | 28:40 | 27:37 | | |
| Steve Hull | | 24:33 | | 24:11 |
| Mike K. Kase | 27:16 | | | 26:42 |
| David Lovegrove | 27:59 | | | 26:52 |
| Bill McCarrick | | 21:59 | * | <u>21:16</u> |
| Steve Meier | | 28:20 | | |
| Brian Miller | | 25:14 | | |
| Larry Nuckles | | | | 28:29 |
| David Patteson | | | | 28:24 |
| Sue Rippy | | 25:50 | | |
| Rob Roule | | 26:07 | | |
| Winston Shifflett | 27:47 | | | |
| Steve Slabaugh | | 25:38 | | 25:27 |
| Vince Vizachero | | 28:13 | | 27:44 |
| Les Welch | 27:14 | 25:03 | | |
| Mike Wenger | 25:01 | 24:55 | | |
| Tim Wolters | | 27:05 | | 26:07 |
| Bill Wright | | | | 27:37 |

* Well, Bill McCarrick just keeps getting FASTER!!! 21:16 is the NEW course record for the time trials. We're looking for 19.59 by Labor Day, okay Bill? (The results for the last week in May will be published with June's times, to accommodate the newsletter schedule.)

******* SVBC MEETINGS CALENDAR *******

- Wednesday, June 8 Century Planning Meeting at Art Fovarque's at 7:00 PM. For info. call Art at 433-9247.
- Monday, June 13 MONTHLY MEETING. Meet in Hillendale Park. Shelter #4. Ride will begin at 6:30 with business meeting at 7:30 approximately.
- Wednesday, June 22 Touring Committee Meeting at David Lovegroves house, 207 South High Street at 7:00 PM.
- Monday, June 27 Executive Meeting - Luigis at 7:00 PM, all are welcomed.
- Friday, July 1 Pizza Party and Ride Planning at Howard Johnsons with the Potomac Pedalers - Bring your own Pizza. No alcoholic beverages. 6 - 10 beside of pool.
- Monday, July 11 MONTHLY MEETING



RACING NEWS
TEAM TIME TRIALS - JULY 9 - Time Trial route - 2 person prizes!
 9:00 AM; mens, womens, and mixed prizes!
 (14 legs-4 wheels)

DEADLINE FOR THIS NEWSLETTER IS THE LAST MONDAY OF THE MONTH. ARTICLES ARE WELCOMED. SEND TO DONNA WERNER, 1450 CRAWFORD AVE., HARRISONBURG, VA 22801 or call 433-8977. THANK YOU!

BIKE MONTH

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 Mennonite Express Breakfast Ride 8:00 AM |
| 5 Brunch at Bryce 9 AM | 6 Ladies Only Ride 6 PM | 7 Time Trials 6:15 PM | 8 Century Planning Meeting 7 pm | 9 | 10 | 11 |
| 12 McCormick Mill Ride 8:30 AM | 13 Ladies Only Ride 6 PM MEETING! 6:30/7:30pm | 14 Time Trials 6:15 pm | 15 Mountain out of a Mole Hill Ride 6 pm Keister | 16 | 17 | 18 |
| 19 Lung Assoc. Ride for Russ Culver | 20 Ladies Only Ride 6 PM | 21 Time Trials 6:15 pm | 22 Touring Committee Meeting 7PM | 23 | 24 | 25 ALLEGHENIES TO THE ALPS 3 & 5 PM |
| 26 Tour De Little Grill 9 AM | 27 Ladies Only Ride 6 PM Executive Comm. 7 pm | 28 Time Trials 6:15 PM | 29 | 30 | | |

JULY 1988 SVBC RIDE CALENDAR AND MILEAGE CHART

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|------------------------------|--|----------|--|--|
| | | | | | 1 Pizza Party w/ Potomac Pedalers at Howard Johnson's | 2 Potomac Pedalers Impromptu Rides |
| 3 Potomac Pedalers Impromptu Rides | 4 Potomac Pedalers Impromptu Rides | 5 Time Trials 6:15 pm | 6 | 7 | 8 | 9 Skyline Dr. Ride 8:30am |
| 10 Pizza Hut Ride 1:00pm Harrisonburg | 11 Ladies Only Ride 6 PM | 12 Time Trials 6:15 pm | 13 Impromptu Ride 6:00pm China Inn | 14 | 15 | 16 Jerome Jaunt 9 AM Plains Elem. |
| 17 Pizza Hut Ride 1 PM Waynesboro | 18 Ladies Only Ride 6 PM | 19 Time Trials 6:15PM | 20 | 21 | 22 | 23 |
| 24 Pizza Hut Ride 1 PM Staunton /31 | 25 Ladies Only Ride 6 PM | 26 Time Trials 6:15 pm | 27 | 28 | 29 | 30 |

July 31 - Tour to Reddish Knob

COMING ATTRACTIONS:

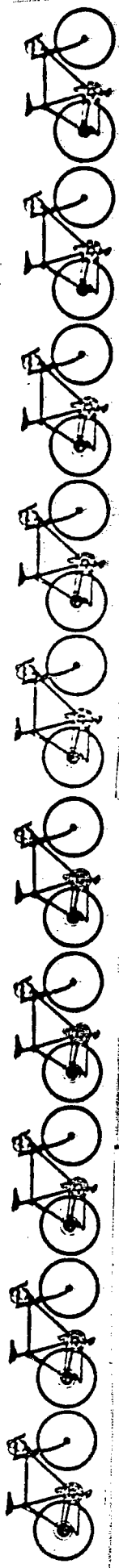
Sunday, September 11 SVBC Century (6th Annual) If you can volunteer some time before and/or during the ride, please come to the meeting on June 8 at Art Povargue's home or call Art at 433-9247.

Sat., Sun., Mon., October 8, 9, 10 SVBC tour of the Historic Triangle. Application forms and details will appear in the July issue of the SVBC Newsletter. It will be a very memorable biking weekend.

SVBC STRONGLY RECOMMENDS THE USE OF HELMETS ON ALL RIDES!

**** SVBC RIDE CALENDAR ****

- Sunday, June 12 "McCormick's Mill Ride" Meet at Duck Pond in Gypsy Hill Park, Staunton at 8:30 AM. B Pace, 52 miles Hilly. Will stop at McCormick's Mill Memorial Wayside (he of reaper fame). Donuts & Cider provided. We will pass Old Providence Meeting House on the way back. Information: Dave Cary (703) 886-7908
- Monday, June 13 "Ladies Only Ride" Meet at Cool Breeze, 20 plus miles of fast pace and practice of racing techniques. Every Monday, 6:00 PM.
- Tuesday, June 14 Time Trials. 6:15 PM. Meet at the intersection of Rockingham County routes 257 and 738 west of Dayton. Approx. 10 miles. Rider sendoffs at 30 sec. intervals.
- Wednesday, June 15 "Mountain Out Of A Mole Hill Ride" Meet at 6 PM at Keister Elementary. 15 miles at C pace with optional excursion up Mole Hill to enjoy view. We'll organize for dinner or dessert at end of ride. Info: Art Forvargue (433-9247).
- Sunday, June 19 Lung Association for Russ Culver. See ad.
- Monday, June 20 "Ladies Only Ride" See above information.
- Tuesday, June 21 "Time Trials" See above information.
- Saturday, June 25 "Alleghenies to the Alps" Meet at Hillandale Park, Shelter # 2 (South High Street, also 42 South to Hillandale Ave.) Sue Rippy will lead a ride at 3:00 PM. Auction at 5:00 PM. See President's Corner for more info.
- Sunday, June 26 "Tour De Little Grill Brunch" via Dayton and Mt. Clinton. Meet at 9 AM at the Little Grill. Approx. 35 miles, B/C pace, home-baked goods at start. If you're too lazy to get up that early, join us around 12 for brunch. Info: David Lovegrove 434-8051.
- Monday, June 27 "Ladies Only Ride" See above info.
- Tuesday, June 28 "Time Trials" See above info.
- Fri., Sat., Sun., Mon., July 2,3,4 Potomac Pedalers Weekend
 Impromptu Rides Sat, Sun, Mon. Leaving about 9 to 10 AM from Howard Johnsons.
 *Pizza Party at Pool (HoJo's) 6-10 PM Fri. (7/1) evening. SVBC members invited - bring your own pizza, no alcoholic beverages. Ride planning will likely go on.
 *Call HoJo's (434-6771) and ask for Bob Cross.
 *They will have about 40 participants.
- Tuesday, July 5 Time Trials. See above info.
- Saturday, July 9 " Skyline Drive Ride" 46 mile ride from Swift Run Gap to highest point on drive. Meet 8:30 AM at Hwy 33 junction with Skyline Drive (Entrance Station). B-C pace. Lunch at Skyland Lodge. Info: Pat Ulik 433-0756.
- Sunday, July 10 Pizza Hut Ride and American Lung Association sponsors. 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. Distances: 10 and 30 mile routes. Take-off time 1:00 PM. Helmets required. Call 434-LUNG for more information. Meet at Pizza Hut, Harrisonburg.
- Monday, July 11 "Ladies Only Ride" See above information.
- Tuesday, July 12 "Time Trials" See above information.
- Wednesday, July 13 Impromptu, meet at China Inn at 68 Carlton at 6:00 PM.
- Saturday, July 16 "Jerome Jaunt" 50 miles of beautiful countryside. Meet at Plains Elementary School in Timberville at 9:00 AM. Eat at Roman Pizza afterwards. This ride has a 30 mile option for those who don't want the longer ride. Info: Ray Ritchie, 896-2913.
- Sunday, July 17 See Sunday, July 10 infor. Meet at Pizza Hut, Waynesboro.
- Monday, July 18 "Ladies Only Ride" See above information.
- Tuesday, July 19 "Time Trial" See above information.
- Sunday, July 24 See Sunday, July 10 information. Meet at Pizza Hut, Staunton.
- Monday, July 25 "Ladies Only Ride" See Info. above.
- Tuesday, July 26 Time Trial See information above.
- Sunday, July 31 "Tour of Reddish Knob" Leave from Harrisonburg for a "liesurely" climb up Reddish Knob. Low gears and lots of water. More details in July newsletter. Info. Art Fovargue (433-9247).



5 MYTHS THAT HURT BICYCLISTS

A GROWING BODY OF KNOWLEDGE SHOWS THAT WHEN IT COMES TO SAFETY A PERSON'S ATTITUDE MAY BE THE MOST CRITICAL FACTOR. For example, bicyclists who feel inferior or believe they don't really belong on the road are less likely to make eye contact, scan and signal and maintain proper road position. These are people who can be seen riding in the gutter or on the far edge of the roadway and suddenly swerving to the left in order to avoid the broken bottles or potholes. Cyclists who possess a strong inferiority complex, like cyclists who are under the illusion they are as invincible as Superman - the other extreme - generally do not have happy cycling experiences.

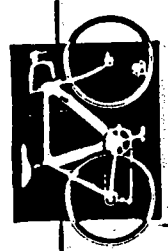
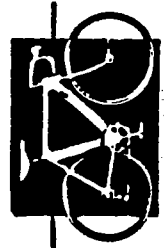
While most of us fall somewhere between these extremes, all of us carry excess attitudinal baggage that can drag us down and make us more vulnerable or dangerous as road users. But where do our attitudes come from? And how can they be changed? Many have been instilled in us through our culture in the form of widely held beliefs or myths. To change our attitudes we must dispel these social myths. Below are five very common myths that can ruin the pleasures of cycling.

MYTH #1 BICYCLISTS DON'T HAVE TO OBEY THE LAWS

While laws for bicyclists are not always enforced, bicyclists still have the responsibility to obey them. In every state in this country bicyclists have with few exceptions the same rights and responsibilities as other vehicle operators. Cyclists not only should obey the laws in order to protect themselves but to maintain their rights. Actions to ban bicyclists in certain cities have stemmed in part from the anarchist riding behavior of some bikers. Equally important are 1) being a good role model for children, 2) reducing animosity on the streets, 3) protecting the rights of pedestrians and other cyclists, and 4) being habitually safe and predictable.

MYTH #2 SPEED IS SACRED

This myth causes some motorists to go temporarily insane whenever they have to slow down for a cyclist. It seems to cause the same reaction in some bicyclists encountering a pedestrian. Let's face it, whenever we try to get from point A to point B as quickly as possible we end up devaluing the life that exists between those two points. Including sometimes our own. Excessive speed is a major cause of collisions and the act of reducing people to mere obstructions is a major cause of dehumanization. Never compromise your safety for a motorist's convenience and likewise, never endanger somebody else for your convenience. A few seconds lost is better than the loss of life or limb. As Gandhi once said, "speed is violence."



MYTH #3 BICYCLISTS DON'T PAY FOR THE ROADS

The corollary of this one is that bicyclists shouldn't have the right to use the roads. The truth is most local and county roads are paid for by property taxes or developer fees and increasingly general revenue funds are being tapped for state and federal highways as well. In some cities as much as 70% of the transportation budget comes from non-automotive sources. Because most adult cyclists cause insignificant wear and tear on the road yet still pay gas taxes (as most are motorists too), cyclists may actually subsidize building of roads for motorists'.

Furthermore, just because some funds are derived from motorists doesn't mean the best way to use those funds is to encourage further motoring, when a new subway line or improving bicycle access might be a more cost effective method for reducing congestion on the road, and increasing people's mobility. Similarly cigarette taxes should not be used to buy more tobacco fields.

MYTH #4 BICYCLISTS SHOULD RIDE AS FAR TO THE RIGHT AS IS POSSIBLE

Parked cars, drainage grates, blind intersections, right turning motorists, broken bottles, and other obstacles can make this often touted "safety rule" a disaster for bicyclists. While it makes sense to keep far to the right on high speed, winding rural roads, it can be a deadly practice on city roads where there are many intersections. Also, the faster a cyclist is traveling the farther out in the lane a cyclist should be. When descending hills a cyclist should be near the center of the lane in order to have more room to maneuver around obstacles. On very narrow roads where there isn't room for a car to safely pass in the same lane, the safe cyclist will control the lane. The law says "ride as far to the right as is practicable" - what is practicable is what is safe.

MYTH #5 BICYCLISTS SHOULD USE ONLY BIKE PATHS OR SIDEWALKS TO BE SAFE

Studies in many areas have shown that accident rates are often higher on a bike path or sidewalk than an adjacent roadway. This is due to more numerous sight obstructions, maintenance problems, drive cuts and greater confusion at intersections. While a well-maintained network of off-street facilities can offer the cyclist many advantages over the roadway, such as less pollution, noise, and fear of overtaking motorists, the roadway normally provides greater accessibility and convenience. Cyclists on bike paths or sidewalks must yield to pedestrians and give them an audible signal when passing. Also keep in mind that many bike paths are not designed for speeds greater than 10 miles per hour.

Nothing can match the exhilaration and rewards of bicycle touring, but to preserve a safe environment and the right to ride, we need to do what we can to dispel these myths and at the same time foster friendlier streets. We can do this by following the rules of the road, promoting safe habits by our friends, and knowing that by our actions all other cyclists will be judged. Wear a helmet, smile a lot, and have fun!

*** The Augusta County Spring Circuit ***

John Zban

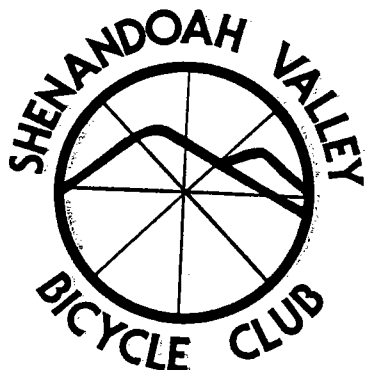


On 15 May several members of the club - Mike Case, Pat Ulik, Julie Drinkard, Norm Gulliksen, Scott Harlow, Serena Benson, Laurie Wirt, and Tim Wolters and several people from the bike mechanics school - Ned Beaver, David Lovegrove, Bruce Guild, Matt Brecken, and Jay LeDue - gathered at the Staunton Mall for a ride around Augusta County. The circuit is a combination of roads that the ride leader, John Zban, uses to commute to work; the course is hilly, but it was not too much of a challenge for any of the riders.

But as with all the best laid plans, things did not go smoothly. First, the ride leader's wife was supposed to man a refreshment stop about half way through the ride; however, when the riders arrived she was not to be found. Second, a group of riders got lost, but only for a short time (everyone was supplied with maps). Third, Laurie Wirt had some mechanical trouble with her bike, but she got that fixed. (Editors deduction - with five bike mechanic students present, I would hope her troubles were fixed.) Notwithstanding all this, the consensus seemed to be that it was an enjoyable ride and should be scheduled again.

The ride leader was a little disappointed that Spring was so late, usually by this time the multi-floral roses and honeysuckle are out adding a wonderful aroma to the roads. Also he was somewhat surprised that these masochists wanted to do this ride again especially after he promised refreshments and everybody ended up having to buy their own snacks. As a post-script, the leader's wife thought she could slip off to a flea market in Waynesboro and be back in time to supply the troops; so that solved that mystery.

If the ride is done again, that problem will be solved, but the employees at People's Pharmacy thank you for the extra donuts they received, and the ride leader is turning into an orang-utan eating bananas and cookies.



P. O. Box 1014
Harrisonburg, VA
22801

SVBC MEETING:
June 13, 1988
Monday
Hillendale Park
Shelter # 4
Ride 6:30 PM
Meeting 7:30 PM

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