

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

SEPTEMBER 1988

OFFICERS:

David Lovegrove	President	434-8051
Jack Foster	Vice President	828-4047
Art Fovargue	Secretary	433-9247
Julie Drinkard	Treasurer	879-2649
Pat Ulik	Touring	433-0756
Marcia Dickenson	Publicity	432-0419
Donna Werner	Newsletter	433-8977
Jack Foster	Racing	828-4047



September President's Corner:

Our illustrious president for 1988, Mr. Mike Kase, has defected to another state and presumably to another bike club. In fact, he has taken a new job in Midland, Texas, to teach theater at a university. I personally would like to take this opportunity to thank Mike for a job well done over the past eight months. Mike will be truly missed by us all as a leader, an actor, a cyclist, a culinary expert and as a good friend. Mike, good luck and you know that you are welcome anytime.

As the incoming President, I would like to encourage all members to submit more race results, graphic and articles about touring rides, whether factual or creative, for our newsletter. Anyone who rides individually or in a group is encouraged to write about their experience.

Speaking of rides, our Fall Century is coming up Sunday, September 11. Art and his crew have been diligently working on making the best ride of the year. The Century is a great tour of the area, so I would encourage everyone to come out to Westover Park on the 11th. We should also look forward to Norm's Tour of the Historic Triangle, October 8-10. Also in the future months is a No-Quiche ride?!

As emphasized by Mike last month, we need new ideas for monthly meetings. Coming up soon we do have our friends Joelle, Les and Jody to share their European riding experiences with us. Perhaps we could go bowling, play volleyball or go to Kline's, Scott. This month's meeting will be a video of races from this summer. Anyone with suggestions can contact an officer of the club.

We are all looking forward to cooler riding. Keep spinning.

DAVID



X-PRESIDENT'S CORNER

As the title of this column indicates, there has been yet another change in your executive committee. It is with much regret that I resign from the office of President of the SVBC. I have accepted a new job in Midland, Texas as the Educational Theatre Director for Theatre Midland and Midland College. It is a position that I believe holds many challenges for me.

In my nearly two years of association with SVBC, I have made many close friends...the type of friends that one holds on to for a lifetime. I will greatly miss the activities of the club, however I know that I leave you in capable hands. If I can ever be of assistance, please feel free to call.

Friends...I miss you already. And, by the way, if you're ever in Midland, Texas...I'll see you on the road!

244 N. Loop 250, #307
Midland, TX 79707
#(915) 694-6383

Yours,

MIKE

AUGUST DRY RIVER TIME TRIAL RESULTS

	<u>8/2</u>	<u>8/9</u>	<u>8/16</u>	<u>8/23</u>	<u>8/30</u>
Susan Arnold		27:26	27:04		28:08
John Baxter	24:56	24:46	25:08		
Paul Bender				26:17	26:23
Serena Benson	26:29	26:31			
Bobbi Briggs		30:17			
Monica Biggs		29:59			
Dave Cary	26:13				
Al Clague	24:05	23:40	24:01	23:38	23:54
Sue Clague	28:11		28:09		28:21
Kim Clark					26:11
Kate Daly		29:37			
Marcia Dickenson	29:25	29:26	29:40		30:08
Mike Downey		23:12	23:53		
Julie Drinkard		30:28			
Rick Effer	22:25				
Jack Foster		24:30			
David Frye			27:24	26:37	26:39
Sean Galang			26:51	24:45	28:30
Rob Gough					27:28
Larry Grossman	26.30	24:58	26:16	25:40	26:21
John Haire		24:51			
Donnie Hall		24:30			
Wayne Hall					26:03
Tom Harbeck		23:26			
Ted Harris	27:54	27:47			
Johlene Hess	25:39	25:18	25:28		
Joe Hiney				23:24	
Jeff Jolly		27:57			
Mike K. Kase			25:43		
Larry Kelley			24:00		
Marty Kelley			33:00		
Denny Kenney	25:27		25:36		
Mack King			28:37		
David Lovegrove	25:58	25:28			25:24
Mike Mayer		26:52	27:08		25:23
Tom Mayer		27:08	28:06		27:20
Deb McCulloch		27:57			
Larry Nuckols					28:57
Ernie Reaune		32:27			
Neil Sandler		24:23			
Winston Shifflett					26:26
Steve Slaubaugh	24:18	24:08	24:44		24:55
Howard Smith		27:33			
Kirk Summers			26:40		
George Trimble	25:16				25:21
Pat Ulik	28:43				
Vince Vizachero	26:25	26:03	25:55	25:27	
Les Welch	24:43	24:48			
Tim Wolters	27:46			29:35	26:00



ROCKINGHAM ROAD RASH RACE, JULY 9TH, 9:00 AM

Sounds like the making of a perennial favorite? A cool morning encouraged 22 racers to take on the undulating terrain that has made Rockingham County famous besides turkeys. By the size of the pack into the late stages of the race, these racers were serious! Steve Slaubaugh led the lead pack of 4 with a time of 56:20. In less than 4 seconds the lead pack was in. Serena Benson led the women's class with the time of 63:21 minutes. Dennis Kenney added spice to the novice class by sizzling a 58:21 time on the course. The beautiful road conditions combined with the enthusiasm of the participants have layed the groundwork for a continuing series. Look for OCTOBER!

MEN

Steve Slaubaugh	56:20
Tom Harbeck	56:21
Craig Mauck	56:23
Donnie Hall	56:24
Steve Hull	56:26
John Baxter	57:46
Larry Kelly	57:56
Greg Davis	58:20
Ron Bunch	63:04

WOMEN

Serena Benson	63:21
Deb McCullough	73:15
Katie Daly	73:16

NOVICE

Dennis Kenney	58:21
Steve Galang	58:53
Burt Summers	63:05
Mike Kase	63:22
Mike Mayer	70:10
Tom Mayer	71:49
Jeff Jolly	71:54



SEPTEMBER 1988 SVBC RIDE CALENDAR AND MILEAGE CHART

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 WORKER'S CENTURY 7am Ladies Only Ride 6 pm	6 Time Trial 6:15 pm	7 Century Food Preparation 7 pm Donna's	8	9	10 Baked Goods for Century needed.
11 6th ANNUAL SVBC CENTURY "Baked Goods needed"	12 Ladies Only Ride 6 pm	13 Time Trial 6:00 PM *	14	15	16	17
18	19 Ladies Only Ride 6 pm	20 Time Trial 6:00 PM *	21	22	23	24 New Market Campaign 8:00 am Keister
25	26 Ladies Only Ride 6 pm Exec. Comm. David's 7pm	27 Time Trial 6:00 PM	28	29	30	



SVBC RIDE SCHEDULE AND EVENTS

- Saturday, Sept. 10. Baked Goods for the 11th Century are needed. Deliver to Donna (1450 Crawford Ave.) or Art (210 Monument) Also can be taken to Shelter # 2 in Westover Park on Sunday morning. (Don't bake? Bring a bought item.)
- Sunday, Sept 11. 6th Annual SVBC CENTURY Ride at your own pace, 25, 50, 100 miles. Maps, sag, marked route, food, baked goods, etc. \$5 pre-registration; \$7 registration; \$15 family. 100 mile ride-reg. 7AM; start 8 AM. 25 & 50 mile rides-register 9 am; start 10:00 AM Harrisonburg Recreation Center, Westover Park, Shelter #2 Info. Art Fovargue 433-9247
- Monday, Sept. 12. Ladies Only Ride, 6:00 pm Cool Breeze. 20 plus miles of fast pace. Every Monday.
- MONDAY, SEPT. 12. MEETING 7:00 PM VALLEY WELLNESS CENTER; Business meeting and video of Trexlertown Races.
- Tuesday, Sept. 13. Time Trial, 6:00 pm; Meet at the intersection of Routes 257 and 738 west of Dayton. Approx. 10 miles. Rider send off at 30 second intervals. *note time change.
- Monday, Sept. 19. Ladies Only Ride, 6:00 pm Cool Breeze. 20 plus miles of fast pace.
- Tuesday, Sept. 20. Time Trial, 6:00 PM, see 13th description.
- Saturday, Sept. 24. "New Market Campaign" 50 miles, B-C pace; meet 8:00 am; at Keister School. Bring lunch or country stores are available. Info. David Frye, 433-1800.
- Monday, Sept. 26. Ladies Only Ride, 6:00 PM Cool Breeze, 20 plus miles.
- Monday, Sept. 26. Executive Committee Meeting, 7:00 PM, David Lovegrove's, 207 S. High St.
- Tuesday, Sept. 27. Time Trial, hopefully still enough light to begin at 6.
- Monday, Oct. 3. Ladies Only Ride, 6:00 PM, Cool Breeze.
- Tuesday, Oct. 4. Time Trial, hopefully still enough light to begin at 6.
- Sat. thru Mon. Oct. 8 to Oct. 10. "HISTORIC TRIANGLE RIDE" by reservation only. Info: Norm Gulliksen, 434-2692. See additional info. elsewhere in newsletter.
- Monday, Oct. 10. MEETING, Valley Wellness Center
- Saturday, Oct. 15. "Tour de McGaheysville" 25 miles, meeting place and time to be announced in the next newsletter. Info: Tom Mayer, 289-9496.
- Sunday, Oct. 16. "Mountain Bike Ride", 15 miles, 1:00 PM, Meet at Jamesway Shopping Center on Hwy 42 in Timberville. Info. Ray Ritchie, 896-2913.
- Monday, Oct. 17. Ladies Only Ride, 6:00 pm, Cool Breeze.
- Saturday, Oct. 22. "Moonlight Midnight Madness" a 20 mile ride on Skyline Drive beginning at 11:00 PM - that's right, its' an evening ride. Bring flashlights and meet at Swift Run Gap (junction of Hwy 33 and Skyline Drive). Info: Don and Debbie Ritchie, 298-1129.
- Monday, Oct. 24. Ladies Ride Only, 6:00 PM, Cool Breeze.
- Sat. or Sun Oct. 29 or 30. "No Quiche Ride" Need a leader for this one.

RIDE CODE
 Class A For strong, experienced riders, 25 to 100 miles at 14 to 22 mph average. Few, if any stops. Expect difficult terrain.
 Class B Consistent pace, 15 to 68 miles at 12 to 16 mph average. Some hills likely. For the competent cyclist.
 Class C For average riders - ride 10 to 35 miles at an average pace of 8 to 12 mph. Stops definitely included - hills kept to a minimum.
 Class D A ride of 5 to 15 miles on any type of well-maintained bicycle. Frequent stops, mostly easy terrain, less than 10 mph average.
 Class E Leisurely, slow paced, family rides. All ride together as a group.
 No classification scheme is perfect. If you ever have a question about a ride, feel free to contact the ride leader.

OCTOBER 1988 RIDE CALENDAR AND EVENTS CHART AND MILEAGE CHART

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Ladies Only Ride 6 pm	4 Time Trial 6:00 pm	5	6	7	8 HISTORIC TRIANGLE RIDE Weekend
9	10 MEETING: Ladies Only Ride 6 pm	11	12	13	14	15 Tour de McGaheysville
16 Mountain Bike Ride 1:00 pm	17 Ladies Only Ride 6 pm	18	19	20	21	22 Moonlight Midnight Madness 11 pm
23	24 Ladies Only Ride 6 pm Exec. Comm. Meeting	25	26	27	28	29 or 30 NO QUICHE RIDE needs a leader





NEW MEMBERS:

We'd like to welcome the following members who have joined the SVBC since JULY.

Brad Clark P O Box 227 Basye, VA 22810 856-8046

Jim Cowell 2738 Walnut Ave. Buena Vista, VA 24416 261-6684

Jonathan DeVair-Scott 114 Nutmeg Ct. Harrisonburg, VA 22801 433-3075

Charles & Nancy Dubenezic Rt. 1, Box 682 Port Republic, VA 24471 289-5738
(Todd, Troy, Allison, Andrea)

Tom Elliott Route 2, Box 923 McGaheysville, VA 22840 289-9357

Susan Gabler 337 A Rockingham Drive Harrisonburg, VA 433-6177

Shawn Galang 215 S. Main St. Bridgewater, VA 22812 828-3718

Randall Jones Route 1, Box 465 Waynesboro, VA 22980 949-6403

Diane Kehlenbrink 350 Monticello Ave. Harrisonburg, VA 22801 434-7469

Michael King 11-B Holly Ct. Harrisonburg, VA 22801 433-3427

Jennifer Lotts Rt 2, Box 939 McGaheysville, VA 22840 289-5979

Brian Manning Rt 1, Box 132 Weyers Cave, VA 24486 234-8422

Jim Morrison 91 A Ashby Ave. Harrisonburg, VA 22801 434-1395

James Parks 327 Old Greenville Staunton, VA 24401 885-0907

Jim and Vicki Printy 507 Robin St. Staunton, VA 24401 885-6838
(Adam and Erin)

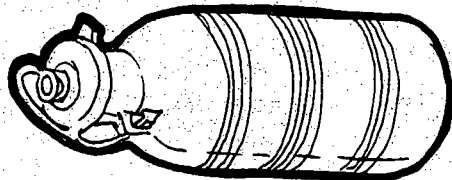
Steve Stibler EMC 1200 Park Road Harrisonburg, VA 22801

George Trimble 413 Bruce St. Bridgewater, VA 22812 828-6918

Les Welch Rt. 1, Box 70 Linville, VA 22834 833-6300

A special welcome to Susan Gabler who is our 100th membership this year - a new plateau for the SVBC. Cool Breeze has donated a water bottle to our 100th membership. CONGRATULATIONS SUSAN. You may pick up your water bottle at Cool Breeze.

Here's wishes for safe and fun riding for all. Hope to see you on the upcoming rides.



PANCAKE POWER INSPIRED BY THE GRAPE!

Twenty-two intrepid souls disregarded the forecasted extremely high temperature of 100 plus to travel to Shenandoah Vineyards with a casual brunch at Edinburg Mill. Thanks to a tail wind the entourage clipped to the Mill in about an hour. The intense fervor did not stop however. After seeing Les attack the pancakes one could easily imagine a vegetarian Jaws. After one of the most inquisitive tours of over 2 hours, the real fun was about to begin. The wind changed, the humidity rose and the tar fried. Fortunately the tremendous support of Joan Kenney and Don Ritchie sag vehicles, the return was not quite as reminiscent of a death march. All in all, another way to beat the heat in the dog days of August will be remembered.



RAILS TO TRAILS PUBLIC HEARING

On August 23, your new SVBC President David Lovegrove and approximately 9 other SVBC members attended the Rockingham County Board of Director's public hearing to discuss tentative plans for converting the abandoned railroad bed between Dayton and Bridgewater into a "linear park" for walking, running and cycling activities. (This 2.6 mile expanse has the potential for linking up with additional abandoned railways to create an extensive off-road passage.) The first speaker presented a petition against the idea which was signed by all but one of the trail's adjacent landowners. (Later, the one non-signer voiced his support for the project.) The major concerns voiced by the landowners were loss of privacy thru littering, trespassing and simply being seen by trail users and worry about rowdy people creating a need for "policing" the area. David Lovegrove, Greg Gustafsen, Tom Mayer and David Frye were just a few of the many folks who spoke in favor of the park, some of them attempting to assuage the fears of the landowners by talking about the positive type of person who would tend to use the trail. The majority of the evening's speakers, diverse as they were, spoke in support of the project, and when the Board asked for a show of hands, it looked like approximately 250 people "voted" 3/5 FOR and 2/5 AGAINST. The last rumor I heard was that the landowners are now attempting to incorporate, in hopes that the railroad will sell them the right of way, to then be divided among them. You will all be informed of any further meetings or activity regarding this project.

By the time you read this, the 6th Annual Shenandoah Valley Century will be almost history - but since there are a few days left, be sure you and all your friends are ready to ride. Pre-registration is only \$5, forms available at all bicycle shops in Harrisonburg.

The route is basically the same as last year with the checkpoint in Bridgewater. Remember, this is a pedal-at-your-own-pace ride; not a race. Maps and cue sheets are provided, the route is marked, and sag vehicles patrol the course. Refreshments are provided at the checkpoint. For the competitive minded, below are the best times for which we have records:

	<u>MEN</u>	<u>WOMEN</u>
100 mi	Craig Mauck (5:51)	Sandy Draper (6:51)
50 mi	Jeff Smith (2:47)	Judith Trumbel (3:28)
25 mi	Jonathan Jackson (2:13)	Serena Benson (2:17)
	Richard Adams	

Also, Don't forget the Baked Goods. The baked goods, donated by SVBC members, are available to all riders at the completion of their ride and are the calling card for our event. Perhaps next year we'll change the name to the Shenandoah Valley Baked Goodies Century. Your donation is needed for our success. Bring to Donna Werner's (1450 Crawford Ave.) or Art Fovargue's (210 Monument Ave.) house the day before the ride or to shelter # 2 in Westover Park on the morning of the 11th.

MOUNTAIN BIKE TRIPS IN THE HIGH COUNTRY

Bear Mountain Outdoor School is offering guided mountain biking trips along an extensive system of trails in the nearby National Forests. You will enjoy staying at BMOS lodge where you will feast on hearty home-cooked meals of all natural foods. Your weekend begins Friday evening for supper and continues through Sunday Brunch.

WHERE: Bear Mt. Outdoor School
Hightown, VA 24444

WHEN: September 30 - October 2 or
October 21 - 23

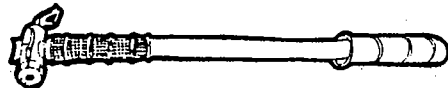
To Register: Send a Non-refundable Deposit of \$25 at least 2 weeks before the scheduled weekend of your choice. The total cost for the weekend (rental equipment is extra) is \$100. The balance is due the day of your arrival. Maximum number of participants per weekend is 16 and the minimum age is 16. For more information please write or call us at (703)468-2700.

"GOT LOOSE IN LINVILLE"

It was a cool, beautiful Sunday afternoon when the Shenandoah Valley Bike Club "Got Loose in Linville". After meeting at the Linville Post Office the dozen (odd) cyclists pedaled along the rolling hills parallel to the Massanutten ridge. Some opted for the shorter loop of approximately 20 miles while the hard core racer types (was this a race or a ride?!) took off on the Keezletown loop of approximately 30 miles. The ever present headwind on the return to Linville created some ravenous appetites that were satisfied by a barbecue/potluck dinner on the deck of Scott and Serena's A-frame. We hope to make this enjoyable afternoon event an annual occasion. See you next year.

SCOTT & SERENA

REDDISH KNOB HILLCLIMB - PART II



On July 31, a hot, quiet Sunday during which most people remained sane, 14 brave SVBC members and non-members scaled REDDISH KNOB in the Part II (non-competitive) HILLCLIMB. With an early start (and picking up late risers Julie and Mike) good progress was made to Briery Branch in spite of not following the map on 3 occasions (the map that ride leader Art had spent many hours preparing). After the traditional sardines in mustard sauce; Bernie, Scott, Pat, James, Dave L, Marcia, David S., Joe, Steve, Jack, Mike, Julie, and Art started the climb. George rejoined the group with his mountain bike after having abandoned earlier with a broken spoke on his skinny tired cycle. The speedsters Scott, David S. and Steve were already starting down as the stragglers Joe, Julie and Art neared the top just prior to noon as the remainder enjoyed waiting on top in the cold wind. The ride down was less than exhilarating for Mike and Art who flattened within 40 feet of one another. Art may be the only person ever to stand up all the way down Reddish Knob so as to get the weight off his booted sidewall failure on the rear tire. The crew reconvened (except the speedsters) at Hamburger Heaven where the milkshakes (and the auto race on the non-picture TV) were the big hits. Pat was heard to express her joy in returning to her favorite 90 F, high humidity, weather at low altitude. Dave F. joined the group for the return to Harrisonburg via a route which of course wasn't by the map.

ART



TOUR OF THE HISTORIC TRIANGLE
Sat. - Sun. - Mon., Oct. 8-9-10

REGISTRATION: Mail by September 26th.

AREA MAP: If you want a Historic Triangle Map, in advance, send a S.A.S.E., business size.

TIME: Check in and out, Jamestown Beach Resort, as your schedule allows. SVBC official times are: mid-AM Saturday through early afternoon Monday. Some people said they prefer to arrive Friday PM. This will not present any problem, however, no group activity is scheduled until 10:30 AM Saturday.

CAMPING: An area of the campsite will be set aside for the SVBC. The area includes: tent sites, vehicle parking, toilets and showers. Cost: \$2.25/night/person. Pay at office upon arrival.

LOCATION OF JAMESTOWN BEACH CAMPSITE RESORT: 3.5 miles South on Route 31 from Williamsburg. Or you may drive the Colonial Parkway. This route distances from Williamsburg, is 11 miles.

- FOOD:**
- I. **SATURDAY**
 - A. **Lunch**
 - 1. Bring a brown bag.
 - B. **Dinner**
 - 1. Pot Luck.
 - II. **SUNDAY**
 - A. **Breakfast**
 - 1. Bring and prepare your own at campsite.
 - B. **LUNCH**
 - A. A store in Yorktown. Exact location will be announced.
 - C. **Dinner**
 - 1. Drive to a restaurant of choice in Williamsburg.
 - III. **MONDAY**
 - A. **Breakfast**
 - 1. Ride to Surrey House. Across the James River.
 - B. **LUNCH**
 - 1. On your own.

NOTE: A store at the campsite has milk and ice, otherwise, bring your own food and supplies. Bring your own plates - cups - utensils - a cooler - bike lock. There are no restaurants close to the camp ground. In general, restaurants in Williamsburg are expensive.

ROADS: We will primarily bike on the Colonial Parkway. (paved surface)

- TOURS:**
- I. **SATURDAY**
 - A. Lv. 10:30 AM. Return before dark.
 - B. **Destination.** Colonial Williamsburg.
 - C. **Options.** Side ride to Carter's Grove Plantation.
 - D. Miles - Williamsburg 23 miles. Option add 16 miles. (Round Trip)

NOTE

- 1. Time will only allow to visit the Williamsburg attractions that are free. Avoid buying any admission tickets.
- 2. There is an admission fee for Carter's Grove Plantation and the entrance road.

- II. **SUNDAY**
 - A. Lv. 9 AM. Return before dark.
 - B. Destination Yorktown.
 - C. Miles. 49 + 7 for bike tour of the battlefield. (Round Trip)

- III. **MONDAY**
 - A. Ride to Surrey House for breakfast. Ferry the James River.
 - B. Bike tour of Jamestown Island.
 - C. Miles. 22 (Round Trip)



One Name	No. in your party	No. of Tents	Day	Time	Your tel. no.

NOTE: You will be contacted about October 4th to discuss possible car pooling and a recommendation for your contribution to the "pot luck".

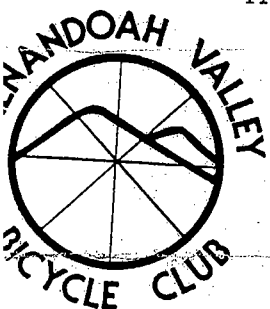
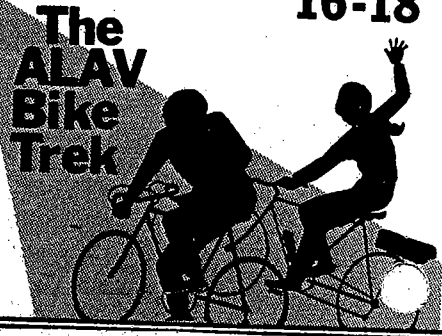
SEND REGISTRATION TO:
Norm Gulliksen - 79 Weaver Avenue
Harrisonburg 22801
Questions: 434-2692 After September 26th.

Trek through Colonial Virginia with the AMERICAN LUNG ASSOCIATION OF VIRGINIA

For details, call your local Lung Association or call toll-free:

1 (800) 345-LUNG

Sept. 16-18



O. Box 1014
Harrisonburg, VA
22801

SVBC MEETING:
SEPT. 12, 1988
Monday 7:00 PM
Wellness Center
Program: Trexlertown Races
Video

ARK'S BIKE SHOP & JOE BREEZE CYCLERY contribute to the cost of the monthly newsletters.

Needed:
Baked Goods
Sunday, Sept. 11
2:00 - 4:00