

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

NOVEMBER 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
	Jack Foster	Racing	828-4047
	Donna Werner	Newsletter	433-8977



NOVEMBER PRESIDENT'S CORNER

Five o'clock, off work, spinning, spinning. Ah, finally out of the Route 33 traffic and onto my dirt road shortcut to Franklin Street. Spinning again, over humps, rocks, gravel, car tracks in the hard mud.

Suddenly, my front tire seems stuck in a rut, no left or right, too much air I think, I'm going down. But only for a split second do I realize it. In no time my whole left side is scraping the rock-hard mud; first my knee, then my thigh, hip, ribs, elbow, shoulder and my helmet. KAWANGG! Somehow, my right thumb has also gotten smashed and is bleeding. What a Klutz!

I lie on the ground howling, looking over my body and bike, wondering what happened!?! The rib pain is unbearable, but after a couple minutes, I struggle to my feet, push my bike home, change clothes and call a good friend for a ride to the hospital.

Once there, I wait, check in, wait, see a nurse, wait, see a doctor, wait, get X-rayed, wait. No broken ribs, just badly bruised. It's a good thing you were wearing your helmet. In the E. room for three hours. I only hope they don't charge me by the minute.

David

EVERYONE LOVES A PARADE



CHRISTMAS PARADE - DECEMBER 2

: Calling all kids and adults! Dec. 2 at 6:30 pm is the Harrisonburg Christmas parade. Come out and help support/promote The Lung Association, clean air and clean lungs by decorating and walking/riding your bicycle in the parade. The parade will run approximately one hour. Come to the November Club Meeting. Monday, November 14, 7 PM at the Valley Wellness Center... for more details and to sign up for the parade, or call the Lung Association office at 434-5864.

EVERYONE LOVES A PARADE



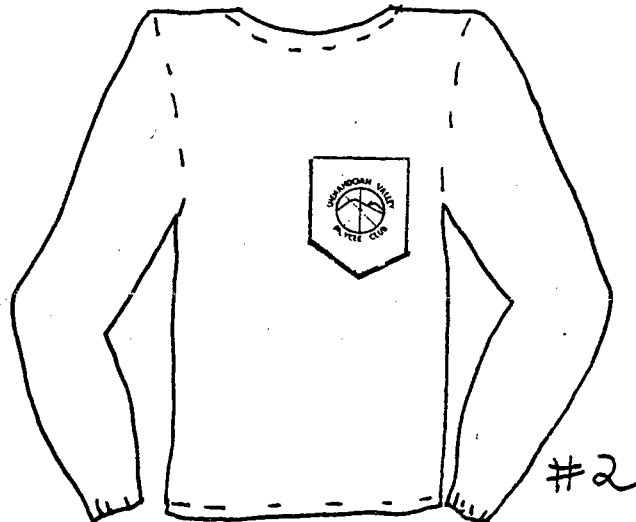
CLUB T-SHIRTS

It's been about five years since the SVBC had T-shirts printed, so here's your chance to order one or purchase one at the November meeting. We've chosen a grass green, 100% cotton, short-sleeved, "Hi-crew" T-shirt (#1 below) that will have an enlarged version of our name and logo printed on the back. The very reasonable price for these shirts is \$7.00 each.

We are also getting ready to order long-sleeved ones. These will be silver-gray, 100% cotton, "Hi-crew" T-shirts, with a front pocket on the left side. Our name and logo will be reproduced in spruce green ink (#2 below). Cost is just \$12.00 each.

Julie will have the short-sleeved version at our November meeting for those who have placed an order and extras for those who would like to purchase one or two or three... GREAT CHRISTMAS GIFTS!

If you are not going to be at the meeting and would like a T-shirt, use the order form below.



Order now!

*****chop off here*****

(Mail this form and your check to: Julie Drinkard, P. O. Box 694, Dayton, VA 22821)

Your name _____ Phone # _____

Address _____

Sizes and # of each:
(XS, S, M, L, XL, XXL
or any child's size) _____

_____ Here is a check for _____ short-sleeved shirt(s) @ \$7.00 each. Please call me when the shirts arrive and I will arrange to pick it/them up.

_____ Please mail my order to me. I have added a postage and handling fee of \$1.00 per shirt to my check amount.

_____ I can't WAIT to order a long-sleeved shirt! Here is \$12 for each one I want. I understand that these will not be available until around December 1st, but I want the club to use my money to help place the order.

HISTORIC TRIANGLE TOUR



Letter to the Club:

As I sit on the plane headed for Seattle I remember my last time on earth was bicycling with the Shenandoah Bicycling Club. The ride was the Historic Triangle Tour lead by the pro-tour leader Norm Gullickson.

Each days riding was sunny skies and flat. The evenings were graced with good food (lots), warm fires, and conversations that ranged from Elkton Gorilla fight days to everyones most memorable snake experience.

I felt a Virginia welcome by everyone. Thanks for a good time. It was a great ride and the only way to see Virginia.

Gail Metcalf
Seattle, Washington

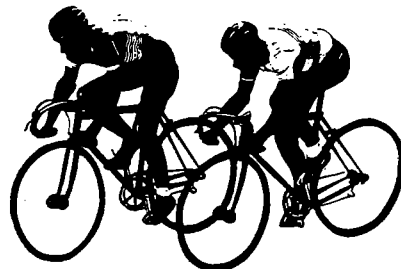
Thanks Norm for the planning of this great weekend.

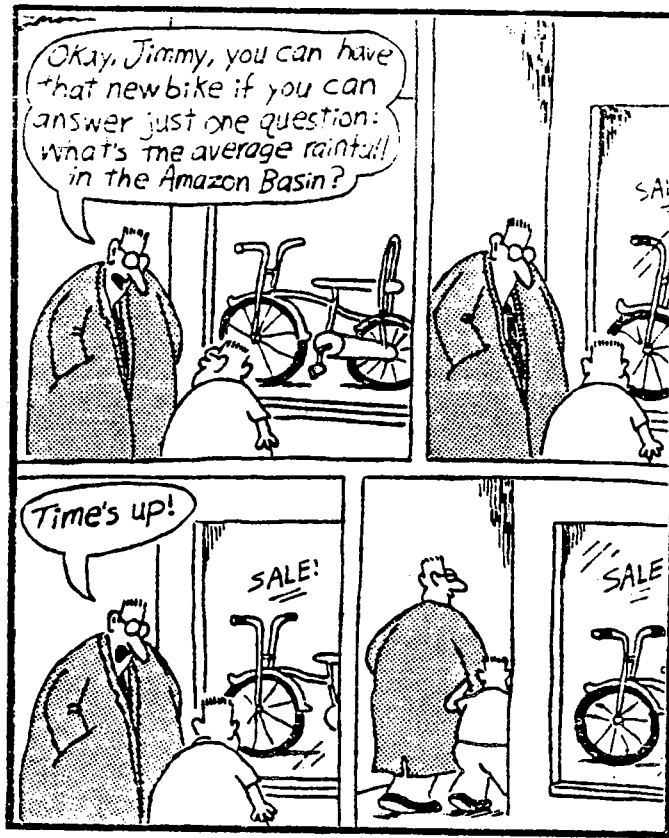


Ride

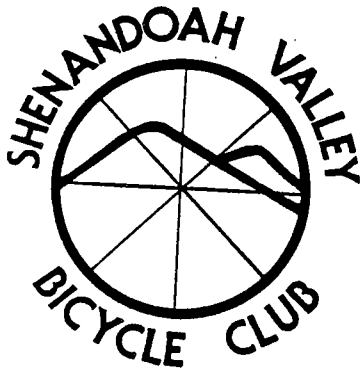
IMPRONTU MOUNTAIN BIKE RIDES, every Sunday of the month. Starting at 11:00 am from Sue Rippey's house, 1211 Garber's Church Rd., telephone # 433-3017.

OCTOBER TIME TRIAL RESULTS
WILL BE IN THE DECEMBER
NEWSLETTER ALONG WITH
EVERYONE'S PERSONAL BEST
TIMES FOR THE YEAR!

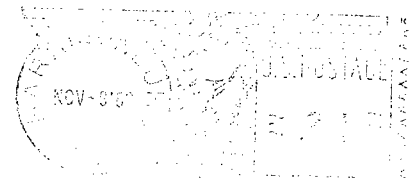




ARTICLES FOR THIS NEWSLETTER ARE WELCOMED. SEND TO: DONNA WERNER, 1450 CRAWFORD AVE., HARRISONBURG, VA 22801 OR CALL ME AT 433-8977. Deadline is the last Monday in the Month.



PRESORTED



P. O. Box 1014
Harrisonburg, VA
22801

NOVEMBER MEETING:

VALLEY WELLNESS CENTER
7 PM, Monday, Nov. 14

PICK UP YOUR T-SHIRT
ORDERS...

Julie Drinkard
P.O. Box 694
Dayton VA 22821

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