

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER
FEBRUARY 1989



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

PRESIDENT'S CORNER

It's that time of year again fellow riders; time to choose from a long list of nominees for the club's president, vice president, secretary and treasurer. You will find the ballot for this year's elections in this newsletter. Just as importantly, it is time to start gearing up the various committees to help plan for the upcoming riding season. Please check whatever activity/committee that you may be interested in helping with for the coming year. You will find those committees listed on the membership renewal form. Speaking of which, this time of year is also membership renewal month. Please fill out the membership form enclosed in this newsletter. You may even pass a copy of this form onto a friend so they can join in the fun, too!

Also at this time I would like to personally thank Donna Werner for a job well done as newsletter editor, typist and collater for the past year and a half. She is gracefully stepping down from this lofty, if not always exciting position, as soon as we can find a replacement. So this is not only a thank you , but also a plea to the rest of the members for someone to step forward with their word processor or typewriter to volunteer as newsletter editor and typist! If you have any questions about what is involved, please call me or Donna.

The February SVBC meeting is scheduled for MONDAY, FEBRUARY 13, 7 PM at the WELLNESS CENTER. The program for the month is a professionally produced video of the 1988 Transamerica Bike Trek, compliments of Russ Culver, cyclist elite. This video runs approximately one hour.

SO COME OUT ON THE 13TH FOR THE MEETING; ALL BAKED GOODIES ARE WELCOMED!

SEE YOU ON THE TRAILS,

DAVID



FOR SALE: Shogun Mountain Bike, 18 speeds, \$300.00 like new.
Call David Ritchie, 896-6602.

Help Wanted

7TH ANNUAL KENT COUNTY SPRING FLING

Baltimore Bicycling Club

The Baltimore Bicycling Club invites you to attend its 7th Annual Kent County Spring Fling. Cycle the lightly traveled roads of Maryland's Upper Eastern Shore, passing fertile farmlands and waterways. The flat to rolling terrain is ideal for cyclists. Rides are scheduled Friday afternoon through Monday -- four days of cycling fun! Tandem, novice and instructional rides are scheduled all days. Cruise the Chester River on authentic Chesapeake Bay workboats. Enjoy the Chestertown Tea Party Festival -- crafts, music and tea party re-enactment. Swim in the college pool or nearby Chesapeake Bay. Bring old and new bike gear for a Bike "Flea Market." Various entertainments have been planned for the weekend. Enjoy an Ice Cream Social on Friday, a Sock Hop with DeeJay on Saturday, a Folk Music Band on Sunday and a Strawberry Beach Party on Monday.

WHEN: May 26-29, 1989 (Friday or Saturday to Monday)
Memorial Day Weekend

WHERE: Washington College, Chestertown, Maryland
(2 hours from Baltimore/D.C. area)
on Maryland's Eastern Shore

WHAT: Rides 10-130 miles, flat to rolling countryside
Friday (Optional), Saturday and Sunday Lodging
(Double Occupancy)
2 (or 3) Breakfasts and 2 dinners, maps and cue sheets

HOW MUCH:	Friday - Monday	OR	Saturday - Monday
	(3 nights, 5 meals)		(2 nights, 4 meals)
	\$111 BBC Members		\$ 96 BBC Members
	\$126 Non-Members		\$111 Non-Members

REGISTRATION DEADLINE: Monday, May 1, 1989

ALL BBC MEMBERS AND PREVIOUS PARTICIPANTS WILL RECEIVE REGISTRATION MATERIALS
IN THE MAIL.

For more information call: (301) 358-5477 Joyce Keating or
(301) 377-6699 Rebecca Doeller

or write: Harriet White
4226 Fallstaff Road
Baltimore, MD 21215

GEAR '89 - Saratoga Registration Information

FEEES

REGISTRATION FEE: The L.A.W. now requires weekend participants at GEAR to be League members. Enter your membership number (from *Bicycle U.S.A.* mailing label) in the space provided, or include membership fee with your registration.

HOUSING FEE: Increases by \$20 after April 1, 1989.

REFUNDS: \$25 service charge after April 1; no refunds after May 15.

CHILDREN: Complete a separate form for each child. Specify age. **AGE 3 AND UNDER:** free registration, meal plan and housing in parents' room (no bed provided). **AGE 10 AND UNDER:** free registration and motel housing in parents' room.

ROOM & BOARD

MEALS: Up to 1,800 meal plan tickets (Sat breakfast—Mon breakfast) are available to all regardless of housing location. Meals will be served at Skidmore. Friday dinner is offered as an option. It will be a catered buffet at the Canfield Casino in Historic Congress Park at 6:30 pm.

HOUSING is offered in campus dormitories or motels.

ROOM & BOARD are both optional; you may prefer to make your own housing arrangements at campgrounds or at one of Saratoga's hotels. For information on tent & RV camping or hotels contact the Saratoga Chamber of Commerce, 494 Broadway, Saratoga Springs, New York 12866 (518) 584-3255.

GENERAL

FUTURE MAILINGS TO REGISTRANTS: Registrants will receive a confirmation mailing in the spring, with more information on GEAR events, including a post-GEAR tour, and in May an Advance Program including directions and schedules of rides, workshops and special events.

LOGISTICS: All GEAR sites (special events, ride starts, housing, meals, workshops) are in or near downtown Saratoga Springs and offer convenient access by foot or bicycle. In addition, free shuttle bus service will be provided for GEAR participants.

QUESTIONS? Write to GEAR '89-Saratoga, P.O. Box 127, Albany, New York 12260, or call (518)383-2828 for a recorded announcement; leave your message for answer by phone or mail.

LEAGUE OF AMERICAN
WHEELMEN



Limited Accommodations Available.
Register Early!

GEAR '89
Saratoga

Saratoga Springs, New York

Friday June 16—Monday June 19, 1989

One person to a form. Form may be duplicated. PLEASE PRINT!

Date Rec'd _____
Reg. # _____
Amt. _____

MOHAWK-HUDSON
WHEELMEN



Last name	First	Middle
Street Address		
City	State	Zip
Phone	Age	<input type="checkbox"/> Male <input type="checkbox"/> Female
Name of Emergency Contact		Phone
Club affiliation (if any):	I wish to room with (send registrations together):	

CHILDREN: Age 10 and under, discounts apply. See Registration Information fact sheet.

Registration fee includes GEAR '89 T-shirt. Circle size: S M L XL

Special needs: Handicap facilities Tandem/recumbent Child care

RELEASE:

I understand that I may be injured while bicycling or otherwise participating in this event, and I agree to be responsible for my own actions. I promise to hold harmless the GEAR '89 SARATOGA organizers, the Mohawk-Hudson Wheelmen, the League of American Wheelmen, Skidmore College, and the City of Saratoga Springs from any claims for injury or damage resulting from my participation in this event. I consent to emergency medical treatment in the event of injury. I promise to obey traffic laws and to practice courtesy and safety in bicycling.

X

Signature of Registrant

X

Date Parent or guardian of minor (under 18)

REGISTRATION FEE:
L.A.W. members _____ \$38
Enter L.A.W. Membership # _____
or submit membership fee:
Individual membership: \$22 Family: \$27

ROOM AND BOARD: (optional)
MEALS: Saturday breakfast—Monday breakfast _____ \$50
(Vegetarian selections available at every meal.)
Friday Gala Welcome Buffet _____ \$7

HOUSING: _____ \$80

If postmarked after April 1, 1989 add _____ \$20

CHECK PREFERENCE:

Dormitorise Motel
____ Prefer separate beds
____ Share double bed

OK to substitute? ____ yes ____ no

Donation to Bicyclists' Education and Legal Foundation
(tax deductible) _____

TOTAL ENCLOSED

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

PAYMENT:

No mail-in registration postmarked after May 31, 1989. Send form(s) and payment (add 20% for Canadian funds) to:

GEAR '89 Saratoga, P.O. Box 127, Albany NY 12260
(518) 383-2828

bike virginia



BIKE VIRGINIA, INC. P.O. BOX 203 WILLIAMSBURG, VIRGINIA 23187-0203 (804) 253-2985

THE ANNUAL FUN RIDE ACROSS VIRGINIA

November 29, 1988

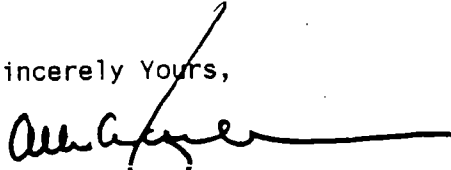
Dear Bike Club:

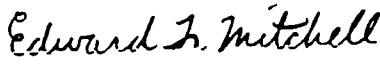
BIKE VIRGINIA is the annual statewide fun-ride inaugurated in 1988 with great success. Approximately 120 people rode along with 15 guides from Charlottesville to Williamsburg over three days. The bike routes were very scenic and designed for the beginner as well as the novice. If someone could not finish the route for the day, then they could get on a shuttle van which would take them to the day's destination.

In 1989 the ride will begin in the scenic Shenandoah Valley at Natural Bridge, "one of the seven natural wonders of the world". From there cyclists will meander through Appomattox, rich in Civil War history, through lush Virginia farmland, and on to Colonial Williamsburg. The rider's destination will be Richmond, the State Capital. BIKE VIRGINIA will be bigger and better in 1989. Our goal is 300 riders for the extended five day event.

We would like to inform your club members of this ride. Would you please mention it in your next two newsletters and perhaps place our announcement in them? If there is a charge for placing the announcement, please bill us. It would be great to have an entire group from your club riding in their team colors.

Sincerely Yours,


Allen Turnbull
Director


Edward Mitchell
Coordinator



FOUR SEASONS CYCLING



**Fairfax
Nursing Center**

DELTA AIR LINES



BICYCLE SUPPORT BY:

**Hampton
Denhigh
cycleries**

**Congratulations to all those who
walked their bicycles in the Christmas
Parade. You helped the Lung Assoc.
win 2nd place in the Marching
Unit Division! Come see the trophy!**

Beach to Bay . . . at the L.A.W. Rally '89

Discover the enchanting "land between the waters" known as Chesapeake Country at the League of American Wheelmen's 1989 National Rally from June 30 to July 4, on the campus of Salisbury State University.



Join cyclists from across the country at Maryland's Eastern Shore for a delightful vacation cycling flat, very low traffic, remote country roads; crossing cable ferries; and winding around scenic rivers and back country estuaries. Enjoy the summer resort community of Ocean City and a dip in the Atlantic Ocean, or a visit to Assateague Island National Seashore and its herds of Chincoteague ponies. Also, a new feature of the 1989 National Rally is the opportunity for the leaders of the League's Clubs and Federations, regional and national officers, and interested members of the League to participate in the National Leadership Council and chart national strategies and the future of the League. Of course, the Rally includes daily rides of various lengths, a comprehensive array of workshops, entertainment and socials to interest everyone and a consumer show; and Eastern Shore cooking and hospitality highlight this national event. Tandems take note: rides, social events, workshops and accommodations are scheduled especially for you. Also the International Human Powered Vehicle Association offers competitions, workshops and exhibits.

Whatever your pleasure...

it's all here in Chesapeake Country. Explore historic towns and picturesque fishing villages where Chesapeake traditions were born. Feast on fresh oysters, steamed crabs and other gourmet delights. Bargain for antiques or photograph the blue heron in an unspoiled refuge. Escape to a quiet beach or experience the nightlife and sophistication of an ocean resort. Share the folklore with residents who cling to old-fashioned notions of courtesy and friendliness. Capture the romance of the Bay on a graceful skipjack, North America's only fleet of commercial sailboats. Cross a river - on a ferry that has operated for almost 300 years - and explore the sleepy, Rip Van Winkle village of Whitehaven, where it's said that George Washington's grandmother once lived.

Experience the historic islands and fishing villages - and a placid way of life that is influenced by the constant presence of water. Go crabbin'; and wave to the watermen as they pass by on their unique workboats. Or watch the bustle of activity as islanders unload fish, crabs and oysters and prepare them for the marketplace.

Learn of the people, life and times of early Maryland as revealed in the historical documents, architecture and archaeology of Pemberton Hall, a typical 18th century Eastern Shore plantation house, and the centerpiece of a 61-acre historical park.

Discover...

historic Princess Anne. Founded in 1773, this picturesque colonial town was a center of 18th century society, and has a wealth of historic sites. The exquisite Teakle Mansion (1802), built by an associate of Thomas Jefferson, is one of the many outstanding attractions. Olde Princess Anne Days, an annual tour of the area's historic homes, churches and country estates, is held in October.

Or take a leisurely stroll down Cambridge's historic High Street, which author James Michener called one of the most scenic in the country.

Visit with the animals at the Salisbury Zoo, one of the finest small zoos in America. Located in scenic Salisbury City Park, it has been described as "a little jewel of a place that can be seen in an hour's time-but can be lingered over and savored for a great deal longer." The natural environments provide homes for a variety of birds and animals, including Sam the Macaw and the rare Spectacled Bears.

The North American Wildfowl Art Museum of the Ward Foundation is a real treasure! Created to display the story of decoy and wildfowl carving, this exciting museum displays the world's largest collection of decorative bird carvings and includes some of the best classic hunting decoys. But it's much more than just a procession of cases housing fine carvings. It is an introduction in the very lives of wild ducks, geese and song birds; a visit into the heart of a quiet wetland habitat; and into the workshop of a carver.

Experience...

rural Americana first-hand at the Eastern Shore Early Americana Museum and Country Store at Marion Station. It's a three-story converted poultry house containing thousands of rural items of every description, dating back to the 1700s. From cider presses to butter chums, sleighs to baby carriages. You name it - it's all



here in its original nostalgic magnificence!

The ocean is a major attraction here. Whether you prefer the resort atmosphere and festive nightlife of Ocean City, or the quieter Assateague National Seashore, with its abundance of wildlife and nature trails, Assateague Island is known as "that special barrier island in the Atlantic where wild ponies still roam free." Legend attributes the ponies' origin to horses that swam ashore from a wrecked Spanish galleon, and recent research in Spanish archives bears out the story. In July, an annual pony round-up draws thousands of visitors to the island.

Cruise from Cnsfield to nearby Smith Island, and amble through a quaint fishing village where time has stood still. Elizabethan English is still spoken here, and families work the shellfish beds as they have since the 1700s.

Or if you're a fishing enthusiast, charter a boat for an afternoon you'll long remember. We're in the center of a sport fisherman's paradise, and local anglers will share the secrets of their success with you.

Sail away on a skipjack, Maryland's state boat and a symbol of the Chesapeake Bay and the world of watermen. It's the last commercial sailing vessel remaining in North America, and less than two dozen still remain. The Labor Day Skipjack Races between the watermen's villages of Deal Island and Wenona, are a major tourist attraction.

Nature's voice...

can still be heard here. Go birdwatching in the Blackwater National Wildlife Refuge, one of the major wintering areas for Canada Geese using the Atlantic Flyway. Or photograph a blue heron at the peaceful Chincoteague National Wildlife Refuge. Both wildlife sanctuaries have exceptional visitors' centers and special programs to get you "back to Nature." The varied habitats here produce a diversity of wildlife that changes with the seasons.

The Chesapeake Bay region is a sportman's paradise, with miles of rivers and natural inland areas for hunting, canoeing, fishing, water skiing, cycling, boating, camping, or simply enjoying the natural beauty of the area.

We're blessed by nature's bounty, from the abundance of the seafood - Chesapeake Bay crabs, oysters, clams, flounder and

trout - to the generous harvest of the farmlands. Savor an incredible array of Eastern Shore delicacies at our gracious country inns and waterfront restaurants. Or discover home-style eating at its finest at our church and firehouse suppers, where fried chicken, crab cakes, dumplings, oyster fritters, steamed crabs, corn-on-the-cob and sweet potato biscuits abound. Colorful roadside produce stands offer delicious local fruits and vegetables; or if you're a bit adventurous, "pick-your-own" - fresh from the fields.

Whether your tastes lean toward the active and sophisticated or the tranquil and relaxing, you can find it in Chesapeake Country.

Up-to-the-minute information...

As with any L.A.W. Rally, The Beach to Bay National Rally will offer a variety of workshops covering a wide array of topics related to cycling, including bicycle maintenance and repair... touring... biking physiology... and the latest high-tech developments in bikes.

Delicious food and sweet dreams...

After a day of cycling, workshops and sight-seeing, Rally participants can enjoy comfortable and economical accommodations at Salisbury State University. All meals include vegetarian options, and each day, participants can create their own sack lunches from a buffet table set up at breakfast. Double-occupancy dormitory rooms ensure practical accommodations at the Rally's headquarters, but motels and campsites are nearby for those who prefer off-campus arrangements.

Let's go!

Salisbury is just a 2 1/2 hour drive from Baltimore, Norfolk, VA, Philadelphia and Washington, D.C. And, it's only a four hour drive from New York City. If you're coming by plane, the Salisbury State campus is but 15 minutes from Salisbury-Wicomico Airport, the second largest airport in Maryland. It's easy to get to and gorgeous once you're here. In fact, you might get "sand in your shoes" and never leave.

Rides, rides and more rides!

Rally '89 offers rides for everyone. Everyday, the ride schedule offers routes from 10 to 120 miles... all relatively flat but some more challenging than others. You'll cross bays and rivers and the ocean will wash across your feet. You'll see seagulls, crabs, deer, raccoons and egrets. Your memories of Chesapeake Country will stay with you a lifetime.

Register Early!



Limited Accommodations Available. Register Early!

1989
"BEACH TO BAY"

THE LEAGUE OF AMERICAN WHEELMEN'S
1989 NATIONAL RALLY
Salisbury, Maryland
Friday June 30 - Tuesday July 4, 1989

Date Rec'd _____
Reg # _____
Amt. _____

One person to a form. Form may be duplicated. PLEASE PRINT!

<p>Last name _____ First _____ Middle _____</p> <p>Street Address or Box Number _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone _____ Age _____ <input type="checkbox"/> Male <input type="checkbox"/> Female</p> <p>Name of Emergency Contact _____ Phone _____</p> <p>Club affiliation (if any): _____ I wish to room with (send registrations together): _____</p> <p>FREE NATIONAL RALLY '89 T-SHIRTS TO FIRST 1000 REGISTRANTS Please circle size desired: S M L XL</p> <p>Special needs: <input type="checkbox"/> Handicapped facilities <input type="checkbox"/> Tandem Recumbent <input type="checkbox"/> Child Care</p> <p>Please send further information: <input type="checkbox"/> PRE-TOUR <input type="checkbox"/> POST-TOUR</p> <p>RELEASE: I understand that I may be injured while bicycling or otherwise participating in this event, and I agree to be responsible for my own actions; I promise to release and hold harmless the officers, volunteers, and staff of the National Rally '89 committee, the hosting regional clubs, the League of American Wheelmen, Inc. and Salisbury State University from any claims for injury or damage resulting from my participation in this event. In case of a minor entrant, I agree to indemnify and hold harmless the above mentioned parties from any claims for injury or damages which said minor may sustain. I consent to emergency medical treatment in the event of injury; I promise to obey traffic laws and to practice courtesy and safety in bicycling.</p>	<p>REGISTRATION FEE: _____ \$50</p> <p>Family discount: _____ Deduct \$10/family</p> <p>Late fee (if postmarked after April 30th): _____ \$15</p> <hr/> <p>L.A.W. MEMBERSHIP (League membership is required):</p> <p>Members:</p> <p>Enter L.A.W. membership # _____ \$ _____</p> <p>Upgrade individual membership to Family _____ \$5 _____</p> <p>Nonmembers:</p> <p>Individual _____ \$22 or Family _____ \$27 _____</p> <hr/> <p>ROOM AND BOARD: (optional)</p> <p>MEALS: Friday dinner - Tuesday lunch</p> <p>Adults _____ \$90 _____</p> <p>Children (Under 12 years old): _____ \$80 _____</p> <p>LODGING:</p> <p>Adults _____ \$50 _____</p> <p>Children (under 12 years, on the floor): _____ \$20 _____</p> <hr/> <p>DONATION to Bicyclists' Educational and Legal Foundation (tax deductible) _____ \$ _____</p> <p style="text-align: right;">TOTAL ENCLOSED _____ \$ _____</p> <p>PAYMENT:</p> <p>All fees are 100% refundable, if written notice is postmarked before April 30, 1989. 75% refund if postmarked by June 1, 1989. NO REFUNDS AFTER JUNE 2, 1989. No mail-in registration postmarked after June 2, 1989. A limited number of walk-ins will be accepted on a space available basis. Send your registration form with check or money order (U.S. funds payable to _____)</p> <p style="text-align: right;">L.A.W. NATIONAL RALLY '89, Salisbury State University Salisbury, Maryland 21801-6837 (301) 543-6012</p>
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Signature of Registrant _____ Date _____

Parent or guardian of minor (under 18) _____

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s) _____ Phone _____

Address _____
street city state zip

Check type of membership desired:

INDIVIDUAL 7 (~~55~~) FAMILY 10 (~~58~~) JUNIOR (12-16 Yrs.) 4 (~~52~~)

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



RACING NEWS

Valley Velo is alive! Valley Velo is a United States Cycling Federation Sanctioned racing club. It does not compete with or replace SVBC in anyway, but provides the option of USCF club affiliation here in the valley. If you have or are getting a racing license, want to avoid unattached rider fees, and be apart of a team, join Valley Velo for \$15. The Valley Velo sponsored race will again be the Reddish Knob Hill Climb time trial. Valley Velo welcomes your support of USCF racing. Anyone interested in providing some secreterial services is needed. Contact Mark's Bike Shop for more information.

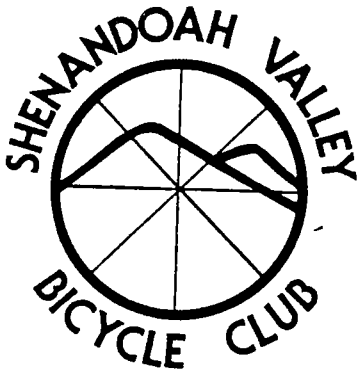
DRY RIVER TIME TRIALS -- BEST OF '88

Following are the personal BEST TIMES for all the people who rode in the Tuesday time trials at least four times in 1988. Remember, * is what we're all going to try and surpass, this year! (I apologize if I made any mistakes or left anyone out -- I'm compiling this late at night. -- Julie)

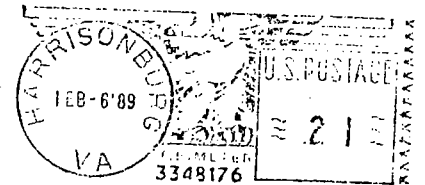
Susan Arnold	26:45	Larry Kelly	24:00
John Baxter	25:00	Denny Kenney	25:27
Serena Benson	26:25	David Lovegrove	25:16
Matt Bracken	24:36	Brian Manning	27:19
Dave Cary	26:50	Mike Mayer	25:23
Al Clague	23:38	Tom Mayer	27:00
Sue Clague	27:54	Bill McCarrick	20:57*
Kim Clark	25:19	Peter Mullen	24:36
Marcia Dickenson	29:25	Larry Nuckols	28:02
Mike Downey	23:12	Sue Rippy	25:44
Rick Effer	22:25	Winston Shifflett	24:59
Jack Foster	24:30	Steve Slaubaugh	24:08
David Frye	26:35	Will Toft	24:52
Sean Galang	24:32	George Trimble	25:16
Larry Grossman	24:58	Pat Ulik	28:42
John Haire	24:44	Vince Vizachero	25:27
Johlene Hess	25:09	Les Welch	24:43
Mike K. Kase	25:43	Tim Wolters	25:14

BEST TIMES EVER: Women's - Sue Rippy (1987) 25.04/Men's - Bill McCarrick 20.57

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
FIRST-CLASS



P. O. Box 1014
Harrisonburg, VA
22801

FEBRUARY MEETING
Monday, Feb. 13
7:00 PM
VALLEY WELLNESS
CENTER

Art & Kathy Fovargue
210 Monument Avenue
Harrisonburg VA 22801

Ballot Enclosed!

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