

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER
MARCH 1989

1988-1989 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 is time to dust off that road bike!

By the number of mailings the club has received recently, it seems as though organized bicycle touring on the East Coast is on the rise this year. We have received no fewer than fifteen registration forms for fundraisers, tours, rallies and rides for the months of April, May, June and July. Come to the March meeting to pick up registration forms. You should also come to the March meeting to see the video that we didn't get to see in February, that of the 1988 TRANSAMERICA BIKE TREK, compliments of Russ Culver. That happens at the Valley Wellness Center March 13 at 7 P. M.

It has been called to my attention that we need to discuss and vote to raise dues from \$5 to \$7 (for individuals) and from \$8 to \$10 (for families). Sorry about that, folks, for not going through that before we changed the membership forms! However, I don't think that too many people will complain about the small increase, since our membership is such a great deal anyway, right? We will need to vote on that issue at the April meeting, so don't miss it.

It is also past time to send in your election ballot for 1989, if you haven't already done so. Please also be thinking about local rides which you may wish to lead this spring and contact me or Pat Ulik (433-0756) with the information. Looking forward to the month of May, we have NATIONAL BIKE MONTH, with some different activities planned across the country and here in the Shenandoah Valley.

KEEP SPINNING,

David

MEETING

VALLEY WELLNESS CENTER, MARCH 13 at 7 PM. See ya MONDAY!
Russ Culver will be there with his video, 1988 TransAmerica Bike Trek.
Also we will vote on the raising of dues.



Cycle for Life



The First Cycle For Life Spring Century Ride

Proceeds to benefit the South Carolina Organ Procurement Agency, Inc. Educational Fund

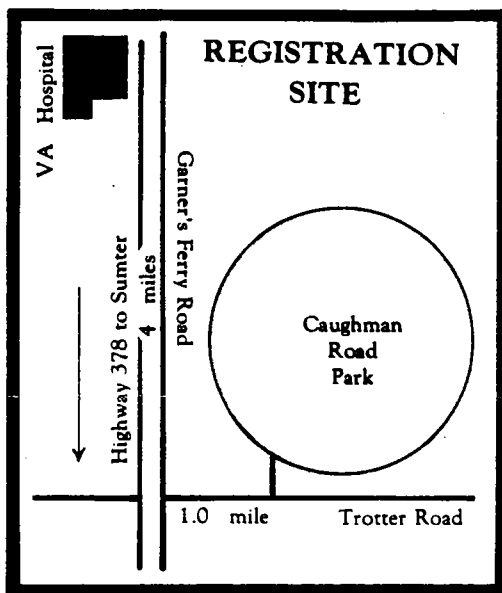
Date: April 23, 1989

Rain or Shine

Time: 8:00 a.m.

Location: Columbia, SC

Caughman Road Park at Trotter Road. Take Hwy. 378 East (Sumter Hwy.), go 4 miles past William Jennings Bryan Dorn V.A. Hospital to Trotter Road. Turn left, proceed 1 mile to park entrance on left. Registration Site will be clearly marked.



Registration

Pre-registration is strongly recommended. Each entrant is required to complete and sign a separate entry form indicating the event entered.

Early Registration

By March 15, 1989. Detach and mail the completed entry form below, to be post-marked no later than March 15, 1989. Entry Fee: \$15.00 (tax deductible/non-refundable)

Late & Race-Day Registration

March 16 - April 23, 1989
7:00 a.m. - 8:00 a.m.
Entry Fee: \$15.00 (tax deductible/non-refundable)
T-Shirts & water bottles are not guaranteed to those applicants entering after March 15, 1989.

T-Shirts/Water Bottles

A specially-designed t-shirt commemorating this event and a water bottle are guaranteed to each entrant registered by March 15, 1989. Late registrants will receive t-shirts & water bottles on a "first come, first served" basis.

Course

The course is a 100-mile figure eight loop through lower Richland County. A turn-around point at 25 miles provides a 50-mile Half-Century course. The course will be clearly marked.

SAG's

SAG stations with refreshments will be provided along the course and at the start/finish point. A SAG wagon will be available for those participants unable to complete the event.

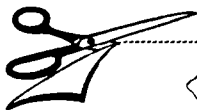
Prize Giveaway

All participants in this event will be entered in a prize drawing for bicycle accessories and equipment. Prizes will be awarded on race-day.

FOR MORE INFORMATION:

CALL: LeRoy Lewis
President, Carolina Cyclers
1-803-256-9284

WRITE: SCOPA, Inc.
1 Carriage Lane
Suite 201-E
Charleston, SC 29407



ENTRY FORM

Enclose with Payment and mail to:
SCOPA, Inc. "Cycle For Life"
1 Carriage Lane / Suite 201-E / Charleston, SC 29407
(Make check payable to SCOPA, Inc. "Cycle for Life")



NAME: _____
(Please Print) (Last) (First) (Middle)

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

AGE: _____ SEX: _____

EVENT (Please check event desired): 100 mile Century Ride 50 mile 1/2 Century Ride

T-Shirt Size (check one): S M L XL

The undersigned entrant acknowledges that he/she will be required to sign a standard waiver/release form for this event during pre-registration, to be held from 7:00 a.m. - 8:00 a.m. on April 23, 1989.

SIGNATURE: _____ DATE: _____ / _____ / _____



4th Annual
Bay to Bay Ride
Sunday June 25th



The Eastern Shore Velo Club welcomes cyclists to this summer bicycling challenge, the *Bay to Bay Ride*. The tour consists of three routes between 76 and 107 miles in length. The flat loop routes take in the scenery of the heart land of the Upper Eastern Shore of Maryland and Delaware including farmlands, old country homes, quaint towns and great country stores. The temperatures of late June lend themselves to a pleasant swim in the Delaware Bay at the halfway mark and the Chesapeake Bay at the end of the ride.

- Date:** Sunday, June 25, 1989 **Rain Date:** None
- Time:** Registration begins at 6:30 am. Ride starts at 7:00 am.
The ride ends promptly at 7:00 pm
- Cost:** \$6.00 until June 16, 1989, then \$8.00.
Fee includes map, marked route, patch, sag wagon, refreshments at Woodland Beach, DE and at the ride's end, food stop at Tolchester, MD.
- Route:**
- Red** 76 miles: Betterton, MD to Woodland Beach, DE and return.
 - White** 86 miles: Betterton, MD to Woodland Beach, DE to Chestertown, MD and return to Betterton.
 - Blue** 107 miles: Betterton, MD to Woodland Beach, DE to Tolchester, MD and return to Betterton.
- Meet:** At Betterton, MD beach front. Parking lot at the bottom of hill.
- Instructions:** Please check in at the registration desk when you start and finish the ride. We would like to be assured you had a safe tour. The 4th of July LAW sanctioned patch will be given at that time.

Mail Registration Form To: Eastern Shore Velo-Club
Box 393
Centreville, Maryland 21617
(301) 778-4881



Name _____ Club _____

Street _____

City _____ State _____ Zip _____ Telephone _____

In event of an emergency, please notify: _____ Telephone _____

Release of Club From Liability

In consideration of the Eastern Shore Velo-Club sponsoring on June 25, 1989 the Bay to Bay Ride, and providing certain facilities in connection with the ride, I have paid the club \$ _____ and further represent and state as follows:

I understand that the Eastern Shore Velo-Club, its officers and members are not responsible for, and are not insurers of my personal safety during the ride. I thus release the Eastern Shore Velo-Club and its officers and members, and I agree to save them harmless, from any and all liability arising from my having sustained any property damage or personal injury by reason of their negligence in participating, sponsoring, planning or arranging the ride.

Signature _____

If under 18, parent or guardian's signature _____

I (we) plan to ride 76 86 107 miles (circle one)

	Name
	R
	W
	B
	ST
	FIN

OFFICIAL REGISTRATION FORM

It's easy — just fill out this form and return it with your \$10 registration fee (\$15 after April 15).

Mail to:

MS Tour For Cure
National Multiple Sclerosis Society
Hampton Roads Chapter
404 S. Parliament Drive, Suite 104
Virginia Beach, VA 23462

A complete rider's packet will be sent to you immediately.

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

T-Shirt Size: S M L XL

Company/Place of Business _____ Age _____

I want to ride in MS 150 Tour For Cure (Reg. Fee Enclosed)

MS 50K Tour For Cure

I will be riding on a challenge team (\$15 registration fee enclosed, \$20 after April 15)

Please add these people to your Bike Tour mailing list (attach a separate sheet)

I can't ride but I'd like to volunteer

All participants must be 15 years or older

REGISTER A FRIEND

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Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

T-Shirt Size: S M L XL

Company/Place of Business _____ Age _____

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FOR MORE INFORMATION CALL:

THE BIKE TOUR HOTLINE

(804) 490-9627 Southside

(804) 872-8454 Peninsula

We highly recommend the wearing of hardshell safety helmets for all riders!

MS 150...

A BIKE TOUR FOR EVERYONE

Take an exciting mini-vacation on wheels this May. The MS Tour For Cure offers everything you expect from an MS 150 bike tour: riding at your own pace, delicious meals, overnight accommodations, rest stops, professional bike mechanics, transportation for your overnight gear, sag wagons, MS volunteers who'll give you lots of TLC, and a route that's suitable for anyone who can ride for an hour without stopping.

The MS Tour For Cure offers a unique weekend of fun, fitness, new friendships...and the personal satisfaction that comes with completing a 150 mile ride. Best of all, you'll be helping to conquer MS, the mysterious disease that strikes young adults.

Your two-day biking adventure will begin on Saturday, May 20 at Camp Pendleton in Virginia Beach and will continue for approximately 75 miles along scenic country roads, crossing the Currituck Sound by ferry, to Elizabeth City State University.

RELAX AND ENJOY

After your first day of biking, you'll be able to take a swim, play a game of volleyball, or just relax with your newly found friends. And after dinner, enjoy a fun evening of entertainment and massage therapy.

RISE N' SHINE

Wake up Sunday morning for a hearty breakfast. Then cycle back to Virginia Beach — over a new route. Back in Virginia Beach we'll wind up the weekend with a "Welcome Home" picnic courtesy of Bay Cafe.

SUPPORT

We're behind you all the way! Every consideration has been given to your safety.

- Repair Sag wagons provided by Scat Bike Shop, Great Bridge Cyclery and HDK Cycleries.
- Route laid out by an experienced cyclist
- Lunch stop & Rest stops
- Emergency medical technicians
- Professional communications provided by Tidewater REACT
- Transportation of overnight gear by Blue & Gray Transportation

MS 50K BIKE TOUR

The leisurely 50K (35 miles) tour will leave Camp Pendleton in Virginia Beach on Sunday, May 21. Cyclists will enjoy a scenic ride and return to Camp Pendleton to join the 150 mile cyclists for a "Welcome Home" picnic. Although 50K cyclists are only required to raise \$50 in pledges everyone is encouraged to raise more!

REGISTER NOW...

IT'S AS EASY AS 1, 2, 3!!

1. Fill out the attached registration form and mail it with your \$10 non-refundable registration fee and if postmarked by April 15, you will receive an "In Training" t-shirt free! A \$5.00 late fee will be added after April 15. Make checks payable to the MS Society.
2. Start collecting pledges from family, friends, co-workers, everybody, and anybody. Each 150 mile cyclist must raise a minimum of \$150 to ride. Each 50K cyclist must raise a minimum of \$50 in sponsorship to ride. All sponsor donations must be turned in on or before May 20.
3. Start training for the MS Tour For Cure. Once we receive your registration we will send you sponsor sheets and other pertinent information including what to bring, where to park, etc.

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s) _____ Phone _____

Address _____
street city state zip

Check type of membership desired:
 INDIVIDUAL (~~\$5~~)⁷ FAMILY (~~\$8~~)¹⁰ JUNIOR (12-16 Yrs.) (~~\$2~~)⁴
 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
 Overnight
 Recreational
 Off-Road
 Programs

PROMOTING
 CYCLING IN
 THE SHENANDOAH
 VALLEY



NATIONAL MULTIPLE SCLEROSIS SOCIETY
CENTRAL PENNSYLVANIA CHAPTER (717) 652-2108
1 ARARAT BOULEVARD HARRISBURG, PA 17110-9720



News Release

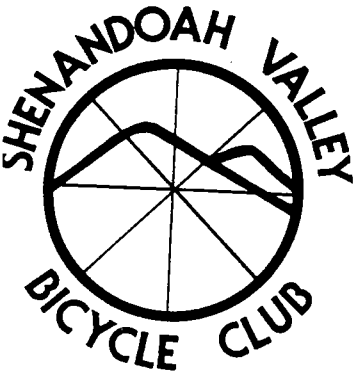
MS 150 Bike Tour Announcement
News Release

Contact: Diane Mordecai
Multiple Sclerosis
Ararat Blvd.
Hbg., PA 17110
(717) 652-2108

For Immediate Release
(in the "Calendar" section)

July 29, 30. MS 150 Harper's Ferry Happening 2-day tour.
Harrisburg, PA, to Harper's Ferry, West Virginia. Features
include 150-mile rolling route, meals, snacks, sag, route
markings, medical support, t-shirt, pin, prizes, lodging.
\$150 in pledges and \$25 registration fee required. Diane
Mordecai, National Multiple Sclerosis Society, Central
Pennsylvania Chapter, One Ararat Boulevard, Harrisburg, PA
17110. MS 150 Hotline 717-652-2108.

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.



P. O. Box 1014
Harrisonburg, VA
22801

MARCH MEETING
VALLEY WELLNESS CENTER
MONDAY, MARCH 13
7 PM - VIDEO
1988 TransAmerica Bike Trek

Dues Are Due

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