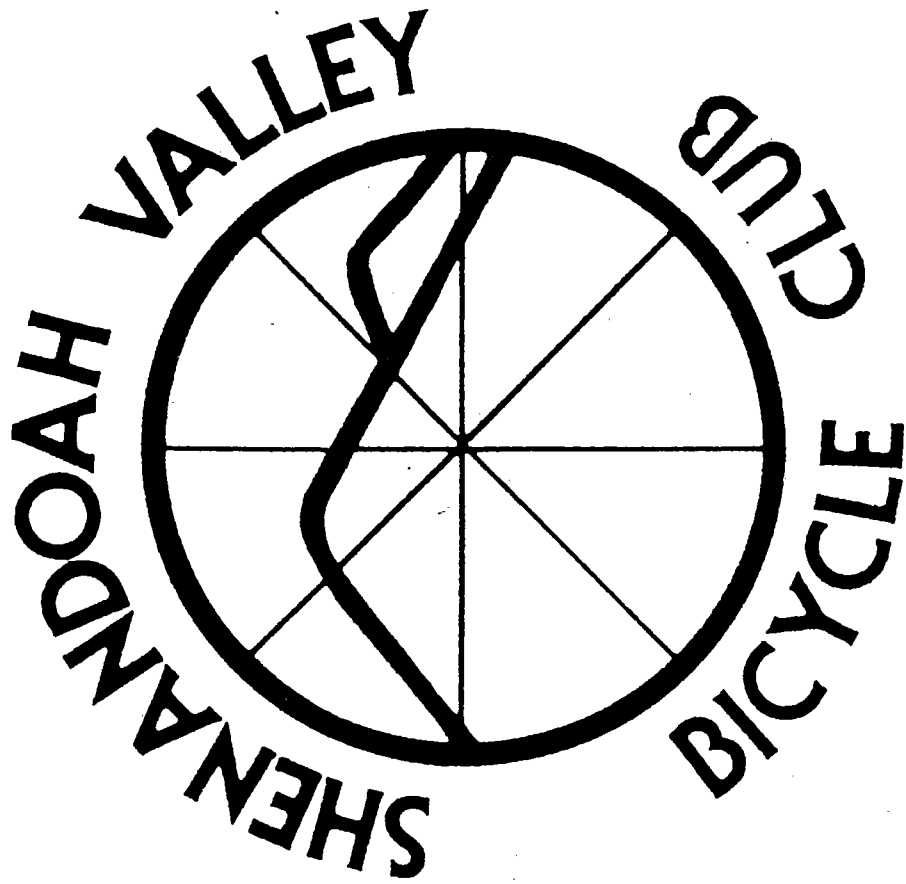
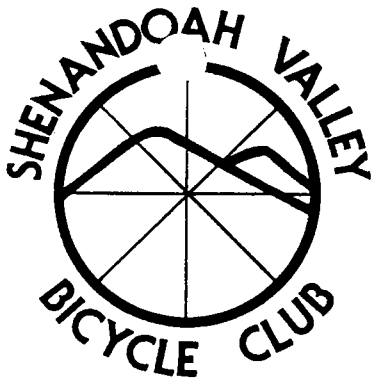


April 1989



NEWSLETTER



P.O. Box 1014
Harrisonburg, VA
22801

April Meeting:
Monday 10, 7:00p.m.
Valley Wellness Center
SWAP meet



Cool Breeze Cyclery and Mark's Bike Shop contribute to the cost of the monthly newsletters

Shenandoah Valley Bicycle Club Officers:

David Lovegrove	President	434-8051
Pat Ulk	Vice President	433-0756
Art Fovargue	Secretary	433-9247
Julie Drinkard	Treasurer	879-2649
Pat Ulk	Touring	433-0756
Marcia Dickenson	Publicity	432-0419
Jack Foster	Racing	828-4047
Ted Harris	Newsletter	433-3049

March Minutes

Dave Lovegrove opened the meeting at about 7:15p.m., March 13, 1989.

Debbie Vermillion of the Multiple Sclerosis Society, Blue Ridge Chapter, discussed their upcoming 150 mile bicycle tour from Charlottesville to Smith Mountain Lake on June 10 & 11. She encouraged participation and pointed out that ride leaders are needed for groups of about 20 riders. Two training rides have been set up with the SVBC.

Dave Lovegrove mentioned the various out-of-town rides we have received information on.

Art Fovargue read the election results for 1989 SVBC officers:

- President David Lovegrove
- Vice-President Pat Ulk
- Secretary Art Fovargue
- Treasurer Julie Drinkard

Sixteen of a potential 130 ballots were received.

Dave Lovegrove showed the trophy that the American Lung Association won for 2nd place in the Marching Unit Division with the help of various SVBC members. It was not known how many Marching Units were in the Christmas parade.

Dave Lovegrove pointed out that May is 'National Bike Month' and that the SVBC is planning a number of activities, including a bike-to-work day.

Julie Drinkard announced that she will need to resign as Treasurer in August due to moving to Texas. Marcia Dickenson volunteered to take over that office.

T-shirts are available in short and long sleeve - contact Julie Drinkard Pat Ulk reported on upcoming bike rides that the touring committee has put together.

Art Fovargue mentioned that it has been suggested that the Shenandoah National Park Superintendent, Bill Wade may be open to discussing the

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s) _____ Phone _____
 Address _____ street _____ city _____ state _____ zip _____

Check type of membership desired:
 INDIVIDUAL \$7 FAMILY \$10 JUNIOR (12-16 yrs) \$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 _____ AGV/HH

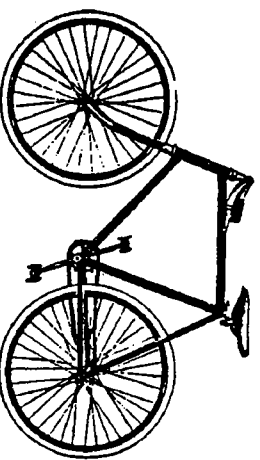
SHENANDOAH VALLEY BICYCLE CLUB RELEASE

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 individual status must furnish a release. This signed release will remain in effect as long as the Club is officially active.

I, in signing this release for myself, or for the named entrant, 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



May continued..

May 28. "Eleanor's Century". 50, 75, 100 miles-your choice. Meet at McGaheysville Elementary School at 8:00a.m. If you have questions call Eleanor Price at 433-0539.

May 27 "Augusta County Circuit". 30 miles. Meet at Staunton Mall Penny's at 9:30a.m. If you have questions call John Zyban at 337-2830

C-pace

Ride Code:

A-Class For strong, experienced riders, 25 to 100 miles at 14 to 22 mph average. Few, if any stops. Expect difficult terrain.

B-Class For competent cyclist. Consistent pace, 15 to 68 miles at 12 to 16 mph average. Some hills likely. Some stops.

C-Class For average riders, 10 to 35 miles at an average pace of 8 to 12 mph. Stops definitely included, Hills kept to a minimum.

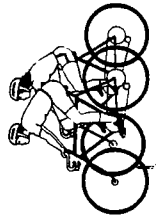
D-Class A ride of 5 to 15 miles on any type of well maintained bicycle. Frequent stops, mostly easy terrain, less than 10 mph average.

E-Class Leisurely, Slow paced, family rides. All ride together as a group.

The above system is an attempt to give an idea of the requirements different rides will make on the participants. If you have a question about a particular ride, please give the ride leader, listed in the ride description, a call.



For more information on the MS 105 BIKE TOUR see your local bike shop.



opening of fire roads in the Park to mountain bikes if approached. Ideas for future programs were discussed including nutrition presentation by Wellness Center Personnel and a swap meet.

The evening's program, the "TransAmerican Trek Video" was presented by Russ Culver. We extend our appreciation to Russ for sharing this fine presentation with us.

The meeting was adjourned sometime after 9:00p.m.



President's Draft

First, and most importantly this month, I would like to personally thank Donna Werner for a job well done as our newsletter editor and typist, who, as of this month is retiring from those duties. Our new editor, Ted Harris, is a talented and conscientious friend of mine, who I know will do an excellent job as newsletter editor. All club members are free to submit cycling articles, graphics and stories to me or Ted for use in the newsletter. The next time you see Donna or Ted, please thank them for their fine volunteer efforts.

You may or may not already know that May is National Bike Month in America, organized by the League of American Wheelmen. The aim of National Bike Month is to promote safe bicycling and for everyone to enjoy their experience, whether it be the first time or the thousandth time. It will also be our aim to get the message across to public officials and motorists that bicyclists do belong on the roads, and that we can share them. Included in the list of National Bike Month Events are: May 1; Youth on Wheels, all month; Helmets Save Lives, May 15-21; Bike to Work Day, May 17; Ride with a Beginner, May 20 and Cycle Sunday, May 21. Please come to our April club meeting to find out what you can do, and for more details about National Bike Month on the local level!



David

Other Notables...

...Last chance to stay on our mailing list - deadline for oldies is April 10 (the night of our meeting) or else.

...You Can join the club as an individual (\$7), family (\$10), junior (12-16yrs.), (\$4) or associate member (\$7). Associate membership is for racing cyclist who fear reprisal from the U.S.C.F.: however those members cannot vote on club business.

...Meeting April 10, 7p.m. Valley Wellness Center - SWAP meeting. Bring all your used, unused, abused or unwanted bikes/bike parts to trade with your friends. Eleanor Price is sure to be there with her usual cache of goods.

A P R I L

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
						1
2 "Spring Forward" 25 miles	3	4	5	6	7	8
9 "Shenandoah / Elktion" 30 miles	10 Club SWAP meeting 7:00p.m.	11 Time Trial 6:15p.m.	12	13	14	15
16 "Road Rash Race" 20 miles	17 Ladies Only 6:00p.m.	18 Time Trial 6:15p.m.	19	20	21	22
23 "Three River" 50 miles	24 Ladies Only 6:00p.m.	25 Time Trial 6:15p.m.	27	28	29	30
31	Meeting 7p.m.					

Description

Time Trials
 April 11, 18, 25
 Tuesdays
 Ladies Only
 April 17, 24
 Mondays
 April 2,
 Sunday

Dry River Time Trials every Tuesday starting with April 11th. Meet at the intersection of route 257 and 738. 10 mile loop. Trials to being at 6:15 SHARP!

Every Monday starting with April 17th. Meet at Cool Breeze at 6:00p.m. 20 plus miles of fast pace.

"Spring Forward". 25 miles of riding in Coor's Country. Meet at McGaheryville Elementary school on route 996 at 1:30p.m. Dinner afterward in town. If you have questions call Eleanor Price at 433-0539.

April 9,
 Sunday
 "Shenandoah/Elktion Ride". 30 miles in relatively flat country. Meet at Neighbors Store at entrance to Massanutten, junction of 644 and 33. If you have questions call Nancy or Don Gary at 289-9074.
 C-pace

April 10
 Monday
 SWAP meet at the Valley Wellness Center 7:00p.m.

April 23,
 Sunday
 "Three River Ride". 50 miles. Meet at Wildwood Park in Bridgewater at 11:00a.m. If you have questions call George Trimble at 828-6918. This is a designated Charlottesville MS training ride.
 B-pace

April 24,
 Monday
 Executive Meeting at Luigi's 7:00p.m.

Coming Events For May

Events
 National Bike Month
 For a preview of National Bike Month events see "President's Draft" (page 2).

May 6-7
 Sat. & Sun.
 "Rock Fish Gap Ride". Tour from Roanoke to Staunton via Blue Ridge Parkway and back via U.S.-11 and Bikecentennial Trail. 90 mi./day. If you have questions call Jack Greiner at 703-890-4771.
 B-pace

May 6,
 Saturday
 "Top of the Mountain". 50 miles and very hilly. Meet at Swift Run Gap (Park Entrance Skyline Drive and Hwy 33) at 10:00a.m. Lunch at Skyland. If you have Questions call Pat Uljk at 433-0756. This is a designated Charlottesville MS training ride.
 B-pace

May 17
 Wednesday
 Nationwide BIKE TO WORK DAY in celebration of National Bike Month.
 C-pace

May 20
 Saturday
 "Rookie Ride" 6 miles, meeting at 9a.m. Bring a novice rider and get them started. Look for location and more information in next month's newsletter.

May 21
 Sunday
 "Base of Massanutten Mountain Ride". 25 miles. Meet at baseball diamond parking lot at Purcell Park at 1:00p.m. If you have questions call Norm Gullikson at 424-7609.
 C-pace