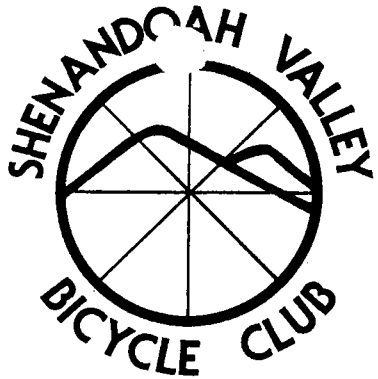
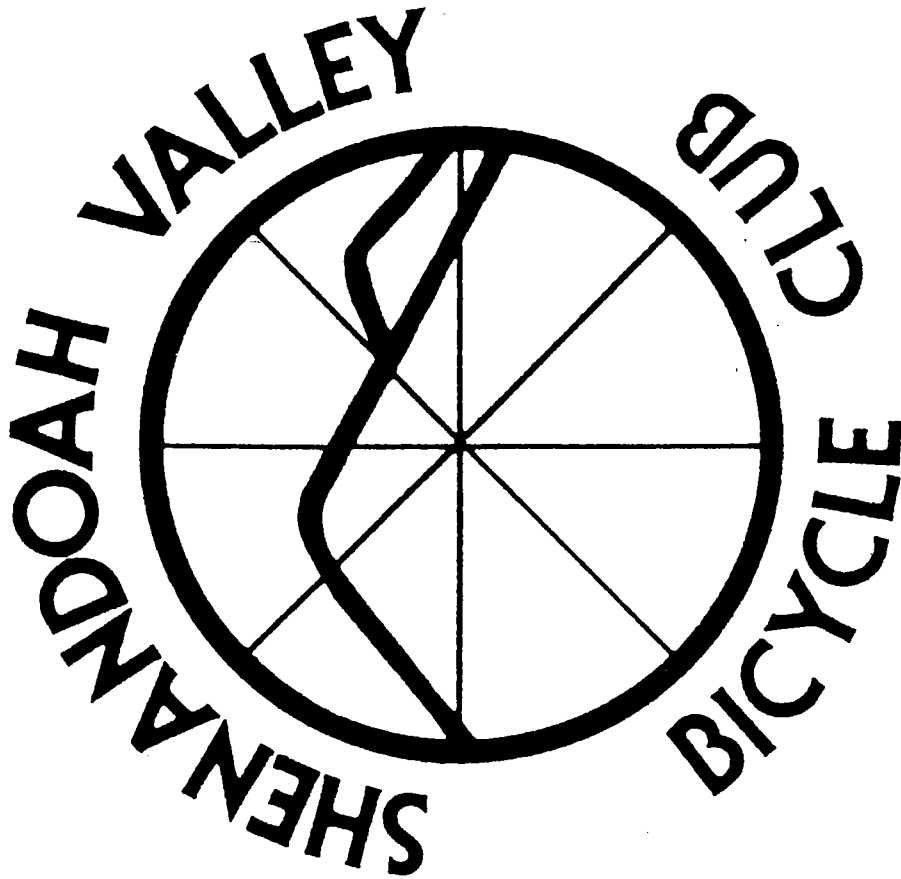


MAY 1989

NATIONAL BIKE MONTH



P.O. Box 1014
Harrisonburg, VA
22801

May Meeting:
Monday 8, 7:00p.m.
Valley Wellness Center

MAY IS NATIONAL BIKE MONTH

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

NEWSLETTER

Shenandoah Valley Bicycle Club Officers:

David Lovegrove	President	434-8051
Pat Ulik	Vice President	433-0756
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
Ted Harris	Newsletter	433-3049

April Minutes

Dave Lovegrove opened the meeting about 7:15p.m., April 10, 1989, about 15 members were present.

A vote was held on increasing dues for individual, family, and junior memberships to \$7, \$10, and \$4 respectively. It passed unanimously.

Dave Lovegrove discussed May's being bike month. Rides we are endorsing are: May 1: Streets are for Everyone (SAFE) Challenge; May 17: Bike-to-work Day; May 20: Rookie Ride; May 21: Cycle Sunday. Dave urged all to get out, make a good showing, and promote bicycling.

Time trials started April 11.

The brochures for the MS 150 ride in June were shown.

Norm Gulliksen and Eleanor Price expressed lack of satisfaction with the long and fast rides that have been scheduled to date.

The program "Swap Meet" commenced. We missed your collection, Eleanor!

Dave Lovegrove closed the meeting.

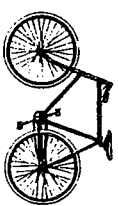
President's Draft



There must be some strange aura surrounding the northern end of Franklin Street, because I have had some unusual experiences there while pedaling home from work in the last seven months! In October a giant magnet pulled me and my bike to the ground, hurting my pride and my ribs. I also have had several of the usual, but nevertheless, aggravating encounters with dogs and irate drivers. The really strange one occurred three weeks ago.

I was approaching Franklin Street when I heard a car screeching a block behind me, followed by a state police car two blocks behind that. The speeding car passed me, swerved into the next street and slammed to a halt in front of an apartment building. The driver jumped out and started running,

Other Notables...



...COLONIAL VIRGINIA BIKE TREK

The Colonial Virginia Bike Trek, sponsored by PruCare of Richmond/Washington, D.C. from The Prudential, is September 29 - October 1, 1989. For a \$20, non-refundable registration fee and at least \$250 in donations to the Lung Association, cyclists will enjoy a two-day, 100-mile (50 mile each day) journey through Williamsburg, Yorktown, Jamestown and Surry County. The Trek features two nights lodging at the Williamsburg Hilton Inn, breakfast and lunch Saturday and Sunday, a welcome reception Italian dinner on Saturday, sag wagon to carry personal equipment, snacks and rest stops on the road, a Colonial Virginia Bike Trek shirt, and prize incentives for trekkers raising more than \$300.00. Registration deadline is September 2.

The local Lung Association's pre-trek promotion, Shenandoah Bicycle Tours, are planned for July 9 in Staunton, July 16 in Harrisonburg, and July 23 in Waynesboro. The Tours are sponsored by Pizza Hut and will include free pizza, drinks and t-shirts. A drawing for special prizes is also planned.

For more information on either of these events, call 703-434-5864.

...MEMBERSHIP

The SVBC 1989 "Roster" is up to 57 memberships, including 22 family memberships. We have urged those 88 members who have not renewed their dues. If you did not receive this newsletter in the mail, it is because you are not on our 1989 address list. If you think we have made an error (and we do occasionally), call Art Fovargue. Also, if you are renewing or rejoining, be sure to fill out a new application so we can update our list of members' ride class, preferred ride type, committee interest, ect. Pickup a SVBC application at a local bike shop. We all want to extend a hearty welcome to all the new members. We hope to see you on the roads with us soon.

...FREE T-SHIRT!

Volunteers needed for Tour de Trump May 9, 10 to marshal the course. Call Clem at Skyline Schwinn in Charlottesville at (804) 295-3009.

...RIDES??

If you have ride ideas or wish to lead a ride, please call one of the following touring committee members: George Trimble (828-6918), Nancy or Dave Carey (289-9074), Norm Gulliksen (434-2692), or Pat Ulik (433-0756).

May 20
Saturday
"Rookie Ride" 10 miles and very flat, meeting at D-pace
 Time Trial start near Dayton (intersection of 257
 and 738) at 9:30a.m. Bring a novice rider and
 get them interested in biking. If you have
 questions Call Marcia Dickenson at 432-0419.

May 21
Sunday
National Bike Month Cycle Sunday
"Base of Massanutten Mountain Ride". 25 miles. C-pace
 Meet at baseball diamond parking lot at Purcell
 Park at 1p.m. Questions call Norm Gulliksen at
 434-2692.

May 22
Monday
 Touring Committe Meeting at Norm Gulliksen's
 at 7p.m. Any club member is invited to sit in
 and contribute to the tour schedule.

May 27
Saturday
"Augusta County Circuit". 30 miles. C-pace
 Meet at Staunton Mall Penny's at 9:30a.m.
 Questions call John Zban at 337-2830.

May 28
Sunday
"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. Set your
 own
 pace

Up Coming Rides For June

June 3
"Norm's New Market Breakfast Ride". 40 miles. Saturday

June 10
MS 150 Ride. 75 miles. (800) 451-0373. Saturday

June 16-18
Eastern GEAR Rally. Friday - Sunday.

June 18-23
Bike Across Virginia. Sunday - Friday.

June 18-25
BRAG. Ride Across Georgia. Call George Trimble 828-6918
 Sunday - Sunday

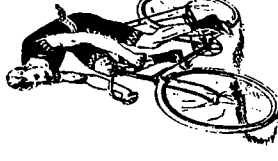
June 24
Todd Lake Campout. Call Dave Carey 289-9074. Saturday.

June 25
Bay to Bay Ride. 76, 86, or 107 miles. (301) 778-4881 Sunday.

June 30 - July 4
National GEAR Rally. Friday - Wednesday.

and I pointed out to the policeman into which street the guy had gone. I was
 right in the middle of a real cops and robbers chase! I started following the
 guy on my (mountain) bike, taking care to notice that he wasn't concealing
 any semi-automatic weapons. I also noticed that he wasn't wearing shoes;
 how fast can one run through gravel, yards and down streets barefoot?
 Needless to say I kept up with the varmint, keeping my distance. But appar-
 ently the policeman hadn't seen where he had gone and by this time I was out
 of shouting range. I followed him a little longer, then finally decided to go
 back to tell the policeman where I had seen the suspect. The policeman
 thanked me and sped off; I had had enough by this time. I thought if nothing
 more, they had the guy's car and would eventually get the bandit one way or
 the another. I haven't heard any more about the incident. I hope the police
 got their man. I think that is all the cycling adventures I need in that neigh-
 borhood for a while, thank you.

See you in the back alleys,



David

Ride Report

Sunday, the 19th of April, presented us with some of the finest
 bicycling weather possible for our Three River Ride. This 50 miler was a
 designated training ride for the MS 150 Bike Tour: Charlottesville to Smith
 Mountain Lake.

About 20 riders left Wildwood Park in Bridgewater in two groups.
 The first wave was a group of SVBC members guided by Marcia Dickenson
 and Pat Ulik, who helped me scout the route last month. The second
 group departed about half hour later with 7 members of the Charlottesville
 Bicycle Club and a few other late arrivals. We followed a course crossing
 North, Middle and South Rivers. Also included were some moderately
 challenging hills scattered throughout the rolling countryside.

The ride proved educational to some cyclist who learned the value
 of a frame pump (Terry?) and that even a new chain needs oil (Serena?).
 Two well spaced food stops were welcomed by some riders and a few
 even found a good short-cut.

In summary, we had an excellent turn-out for a ride of this length
 so early in the cycling season.

George Trimble

P.S. Someone left a helmet at the park after the ride. They are
 holding it for ransom at Cool Breeze Cyclery

MAY IS NATIONAL BIKE MONTH

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Ladies Only Ride 6:00p.m.	2 Time Trial 6:15p.m.	3	4 Impromptu Ride	5	6 Impromptu Ride Rockfish Gap Ride Top of the Mountain Ride
7 Impromptu Ride Rockfish Gap Ride cont.	8 Ladies Only Ride 6:00p.m. CLUB MEETING 7:00P.M.	9 Time Trial 6:15p.m.	10	11 Impromptu Ride	12	13 Impromptu Ride
14 Impromptu Ride Mom's Day Ride	15 Ladies Only Ride 6:00p.m.	16 Time Trial 6:15p.m.	17 Bike to Work Day	18 Impromptu Ride	19	20 Impromptu Ride Rookie Ride
21 Impromptu Ride Base of Massanutten Ride	22 Ladies Only Ride 6:00p.m. Touring Commit. meeting	23 Time Trial 6:15p.m.	24	25 Impromptu Ride	26	27 Impromptu Ride Augusta County Circuit
28 Impromptu Ride Eleanor's Century	29 Ladies Only Ride 6:00p.m.	30 Time Trial 6:15p.m.	31			

Ride Description National Bike Month

Impromptu
Rides

These are "no host" rides with route to be determined by those present.
Thursdays - 5:30p.m. Little Grill.
Saturdays - 9a.m. Ride and breakfast to follow: meet at Keister Elem. School, 100 Maryland.
Sundays - 1p.m. Meet at Waterman Elem. School, 451 Chicago Ave.

Time Trials
Tuesdays

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

Ladies Only
Mondays

Every Monday. Meet at Cool Breeze Cyclery at 6:00p.m. 20 plus miles of fast pace.

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.

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. Questions, call Pat Ulk at 433-0756. *This is a designated Charlottesville MS training ride.*

May 8
Monday

Club Meeting at the Valley Wellness Center, 7p.m. Rose Garrison will speak about this year's American Lung Association Bike Trek. Also club T-shirts will be available at the meeting!

May 14,
Sunday

"Mom's Day Ride" 17 miles, meet at Lawn Party C-D-pace Grounds, Green Street Bridgewater at 1:30p.m. Questions, Call Art Foyargue at 433-9247

May 17
Wednesday

Nationwide **BIKE TO WORK DAY** in celebration of National Bike Month.