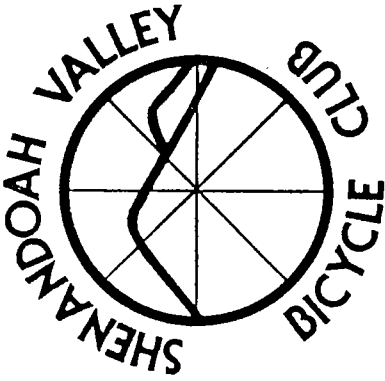


# JUNE 1989 NEWS LETTER



## 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

## May Minutes

Dave Lovegrove opened the meeting about 7:10p.m., May 8, 1989 and discussed the latest mail received.

It was noted that Eleanor's Century was designated as an MS 150 training ride, and that Sunday, May 21 is Fun Day at Luigi's.

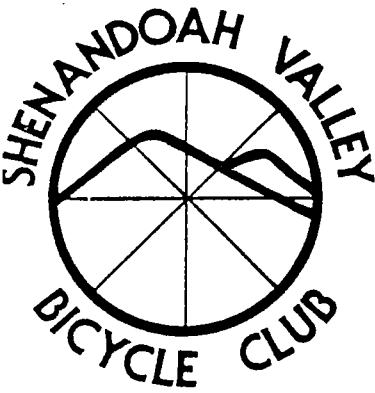
Dave Frye and George Trimble suggested that it would be good to keep a list of dangerous drivers' or other vehicles' license plate numbers that show improper driving habits towards bicycles. This list would be updated and sent off to the County Sheriff's and City police. In general, everyone was in agreement. Jack Foser noted that courtesy is received from most drivers.

David Lovegrove reviewed the upcoming rides.

Art Fovargue called for volunteers to help with the Shenandoah Valley Century in September.

Rose Garrison and Crystal Plunkett of the American Lung Association presented the evening's program. They announced the Shenandoah Valley Trek (alias Pizza Hut rides) for this summer, followed by a review of this year's Colonial Virginia Bike Trek on Sept. 29 - Oct. 1. There will be an information session for this ride on July 6 at the Valley Wellness Center. After discussing the various works of the Lung Association, a 10 minute video of last year's Colonial Virginia Bike Trek was shown.

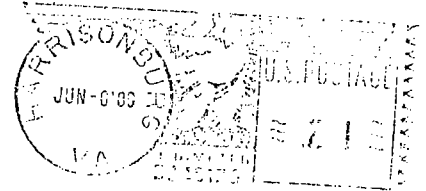
David Lovegrove closed the meeting at 7:54.



P.O. Box 1014  
Harrisonburg, VA  
22801

June Meeting:  
Monday 12, 6:00p.m.  
Westover Park

RESERVED  
FIRST CLASS



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

# President's Draft



Once upon a time, a middle-aged cyclist rolled out of bed and ate six buckwheat pancakes. He was eager to get rolling out of the driveway and down route 11 for an Augusta County circuit. And thus, under the threat of stormy skies, with dreams and memories of strawberry shortcake, fudgeberry and Kline's ice cream, he did depart. On the way, he saw a bicycle for five outside an antique shop. He was spat upon by droplets of rain, but did not let them deter him, knowing full well that the skies would soon clear. And he was right.

Arriving at J. C. Penny in Staunton, he did not buy a Free Spirit, but instead met his friends John, Susan, Marcia, Brian and Darren for a jaunt in the country. The middle-aged cyclist and his friends had many beautiful and interesting experiences on their journey. They toured sections of Staunton, Waynesboro and Stuarts Draft. They fought southerly winds and climbed many hills. They rode past beautiful flowers, farms and fields. They cycled for thirty miles. Afterward, the cyclist and his friends drank and ate until their bodies were replenished. And they were happy.

Come out to ride with your fellow club members!

David



## Other Notables...

...*Fall Century*. Time is already upon us to start planning for the 1989 Shenandoah National Century, 7th Annual. Our first planning meeting will be Wednesday Evening, June 21, 1989, at my house (210 Monument Ave.) at 7p.m. Unfortunately, when I look at this year's applications and select those who checked "Century" as an item they were willing to help with, I don't even need a full hand to count them. In other words, we need volunteers to help. Assistance is required for pre-ride publicity, planning and gathering, and for registration, checkpoint, sag, gopher, etc., the day of the ride. If you would like to help in any of these activities, but can't attend the meeting, please call me at 433-9247. This is a great opportunity for new members to get to know some of the club's inner workings, not to mention the roads in the area. Helping on this ride is one of the best ways you can support the SVBC and cycling in the area.

Thank you,

Art

...*Changes in time trial*. Sign-ups will begin at 6:05, with first rider off at 6:15 Sharp. If you are not a member, the cost is \$1.00. Please, as many people as possible, park on adjacent residential street. Thanks!

...*June Meeting* will be a ride meeting on Monday June 12, 6:00p.m., at Westover Park Shelter #2. Business to Follow.

### DRY RIVER TIME TRIALS

May 23 Min:Sec  
May 2 Min:Sec  
May 30 Min:Sec

Name	May 2 Min:Sec	May 23 Min:Sec	May 30 Min:Sec
Marcia Dickenson	33:26	31:52	31:18
Tim Wolters	28:36	26:25	26:17
Clyde Steiner	25:51		
Larry Nuckols	29:37	25:15	
Jack Foster	27:17		
Bill McCarrick	21:54	Flat	22:09
Jodi Hess	27:38	26:18	26:14
Bill Tomcich	31:07		29:29
Steve Hull	24:09		
Ted Harris	29:15		
Caul Hodge	28:24		
Serena Benson	28:20	27:30	26:44
Les Welch	26:54	25:59	25:27
Julia Drinkard		32:14	32:33
Carter J.		32:18	31:15
Steve Staubaugh		25:26	
George Trimble		25:10	
Dave Frye		27:48	27:52
Ron Goldberg		28:48	26:22
Gorden Stiel		25:45	
Tom Mayer		28:29	
Mike Mayer		26:36	
Rudy Roggercamp		31:04	
Bruce Hill		27:01	
John Baxter		24:42	
Matt Bracken		24:30	
Terry Staubaugh			29:02
Bernie Edwards			31:08
Al Clague			24:36
Greg Gaines			40:51
Dave Cary			27:23
David Lovegrove			26:34
Brian Manning			25:43
Joe Hiney			24:10
Darren Reid			27:25
Sue Rippy			25:29
Dave Brunk			25:13
Mike Downey			23:27
Kevin Arnela			23:30
Steve Poulosun			22:24
Dennis Kenny			24:59
Katie Thomas			27:33

\*Please excuse any misspellings or incorrect times.

June 18  
Sunday

"Central Shenandoah Valley Ride".  
Approx. 30-35 miles. Meet at the Spring  
House Restaurant on route 11 in downtown  
Woodstock. From Harrisonburg take I-81 North,  
exiting at the Woodstock exit #72. Turn right,  
then left onto route 11 North; Spring House is  
approx 1 mile on your right. Questions call David  
Lovegrove at 434-8051.

C-pace

June 18-23

Bike Across Virginia

June 18-25

Brag, Ride Across Georgia, one way. \$25.  
Questions call George Trimble at 828-6918.

June 24-25  
Sat. - Sun.

"Todd Lake Campout". Meet at Purcell Park, 10:00a.m.  
Saturday. Pot Luck Saturday night. By reservation only;  
must make reservation by Monday 19. For reservation  
or info. call Dave Carey at 289-9074.

June 25  
Sunday

"Bay to Bay Ride". 76, 86, or 107 miles. Meet at  
Bertner, MD. Registration \$8.00, 6:30a.m. For more  
info. call (301) 451-4881.

June 30 -  
July 4

National GEAR Rally, Salisbury, MD. See your Local  
bike shop for League American Wheelman Flyer.

## Up Coming Rides For July

July 1

Novice Mountain Bike Ride. Call Ray Ritchie. Saturday.

July 2

Reddish Knob Hill Climb. Call Mark's Bike Shop 434-5151  
Sunday.

July 8

High Altitude Hilly Half Century. Call John Zyban 337-2830.  
Saturday.

July 9

Lung Association/Pizza Hut Ride. Staunton. Sunday.

July 16

Lung Association/Pizza Hut Ride. Harrisonburg. Sunday.

July 23

Lung Association/Pizza Hut Ride. Waynesboro. Sunday

**FREE**  
**PIZZA, PRIZES, FUN!!!**



## SHENANDOAH BICYCLE TOURS PRESENTS:

THE "TOUR DE SHENANDOAH" COME OUT AND ENJOY THE FUN AT ONE  
OF OUR THREE RIDES! THERE WILL BE A LONG 30 MILE ROUTE LEAVING  
AT 1:30 AND A SHORT 10 MILE ROUTE LEAVING AT 2:00.

**JULY 9 -STAUNTON, COALTER STREET PIZZA HUT - GRAND PRIZE:  
AVOCET SPENCO-GEL BICYCLE SADDLE DONATED BY  
BICYCLE WORLD, 2800 W MAIN ST, WAYNESBORO. OTHER  
PRIZE: BICYCLE SHORTS DONATED BY STAUNTON BICYCLE,  
34 E BEVERLEY ST, STAUNTON**

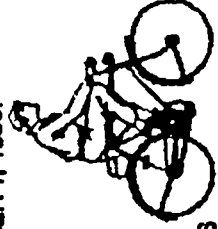
**JULY 16 - HARRISONBURG, S MAIN STREET PIZZA HUT - GRAND PRIZE:  
CENTURION-SIGNET ROAD BICYCLE DONATED BY COOL  
BREEZE CYCLERY, 40 S LIBERTY ST, HARRISONBURG**

**JULY 23 - WAYNESBORO, BROAD STREET PIZZA HUT - GRAND PRIZE:  
SHOGUN ROAD BICYCLE DONATED BY CYCLE-RECYCLE,  
1219 W BROAD ST, WAYNESBORO. OTHER PRIZE: CYCLING  
SHORTS DONATED BY ROCKFISH GAP OUTFITTERS, 1461 E  
MAIN ST, WAYNESBORO**

- FREE T-SHIRT - GIVEN TO THE FIRST 100 REGISTERED RIDERS
- NO FEE REQUIRED
- HELMETS REQUIRED
- ALL AGES INVITED - 12 YEARS & UNDER MUST BE ACCOMPANIED BY AN ADULT ON THE ROUTE - 18 YEARS & UNDER MUST HAVE PARENTAL SIGNATURE

ALL REGISTERED RIDERS BECOME ELIGIBLE FOR THE DRAWING TO BE HELD AT EACH  
RIDE. PRE-REGISTRATION FORMS AND A 25% DISCOUNT ON HELMETS ARE AVAILABLE AT  
THE PARTICIPATING BICYCLE SHOPS LISTED ABOVE.

DON'T MISS A FUN WEEKEND OF CYCLING AT THE COLONIAL VIRGINIA  
BIKE TREK, WILLIAMSBURG SEPTEMBER 29 - OCTOBER 1, 1999.



**CALL (703) 434- LUNG FOR MORE DETAILS**

# 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 Ave.

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. Sign-up to begin at 6:05. First rider off at 6:15.

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

June 3  
Saturday  
"Norm's New Market Breakfast Ride" 40 miles. Meet at Waterman Elementary School, 451 Chicago Ave., at 7:00a.m. Questions, call Norm at 434-2692. C-Pace

June 10  
Saturday  
MS 150 Ride. 75 miles. Should already have registered for this ride. See your local bike shop for info.

June 11  
Sunday  
"Elkton Excursion" 25 miles. Meet at Pizza Hut in Elkton just off Hwy 33 at route 340 at 2:00p.m. Pizza afterwards, if you like. Questions, call Mike Mayer at 289-9496. C-pace

June 12  
Monday  
Club Meeting/Ride. 15 miles. Meet at Westover park shelter #2. Easy pace

June 15  
Thursday  
"Mountain out of a Mole Hill Ride" 17 miles with an extra 1 mile jaunt up Mole Hill for those less tightly wrapped. Meet at the Little Grill at 6p.m. Questions, call Art Fovargue at 433-9247 B-C-pace

June 16-18  
Eastern GEAR Rally. Sarasota Springs, New York  
See your local bike shop for League of American Wheelmen flyer.

SUN	MON	TUES	WED	THUR	FRI	SAT
4 Impromptu Ride	5 Ladies Only Ride 6:00p.m.	6 Time Trial 6:05p.m.	7	8 Impromptu Ride	9 Impromptu Ride	10 MS 150 Ride Impromptu Ride
11 Impromptu Ride "Elkton Excursion"	12 Ladies Only Ride 6:00p.m. <b>CLUB MEETING</b> 6:00P.M.	13 Time Trial 6:05p.m.	14	15 Impromptu Ride "Mountain out of a Mole Hill"	16 Impromptu Ride	17 Impromptu Ride
18 Impromptu Ride "Central Shenandoah Valley Ride" Eastern GEAR Rally (New York)	19 Ladies Only Ride 6:00p.m.	20 Time Trial 6:05p.m.	21 Fall Century Meeting Bike Across Virginia	22 Impromptu Ride	23 Impromptu Ride	24 Impromptu Ride Todd Lake Campout
25 Impromptu Ride Bay to Bay Ride Campout cont. BRAG cont.	26 Ladies Only Ride 6:00p.m.	27 Time Trial 6:05p.m.	28	29 Impromptu Ride	30 National GEAR Rally continues till July 4 (Maryland)	

# JUNE