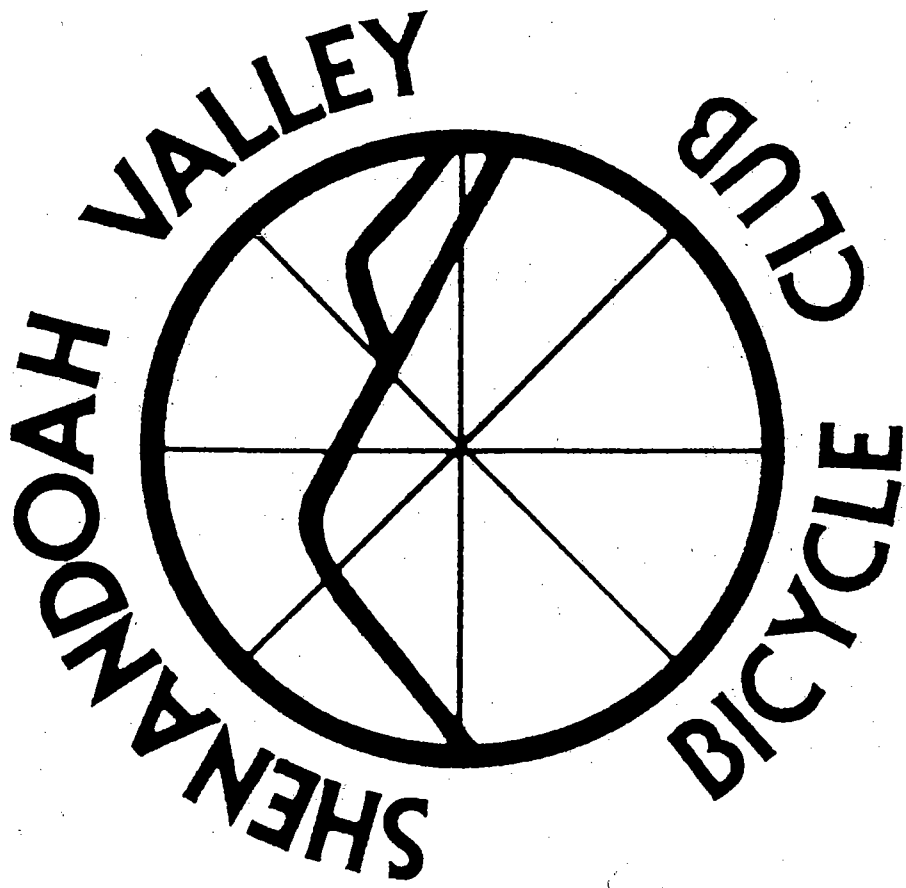
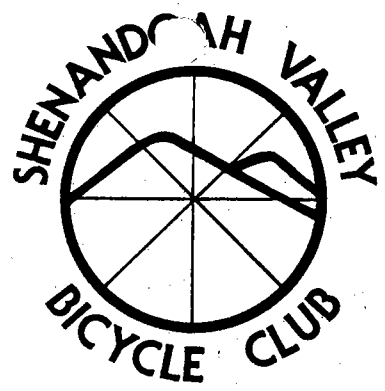


JULY 1989



NEWSLETTER



P.O. Box 1014  
Harrisonburg, VA  
22801

July Meeting:  
Monday 10, 6:00p.m.  
Hillandale Park

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

# Shenandoah Valley Bicycle Club Officers:

David Lovegrove	President	434-8051
Jack Foster	Vice President	828-4047
Art Fovargue	Secretary	433-9247
Marcia Dickenson	Treasurer	432-0419
Chuck Burley	Touring	433-8589
Marcia Dickenson	Publicity	432-0419
Jack Foster	Racing	828-4047
Ted Harris	Newsletter	433-3049

## June Minutes



Eight riders partook of the 8.5 mile pre-meeting ride.

Dave Lovegrove opened the meeting at 7:16pm at Shelter #2, Westover Park. He reviewed the mail recently received.

It was announced that Pat Uljk will be leaving the area next week. Chuck Burley will take over the Touring Committee. Jack Foster will fill the Vice President position.

Chuck Burley announced a Touring Committee meeting at his house on 6-19-89.

Art Fovargue announced a Century Committee meeting at his house on 6-21-89.

Marcia Dickenson announced that there is \$640.50 in the treasury.

Ted Harris described the ride in Elkton led by Mike Mayer on 6-11-89.

Dave Cary discussed what he and others had for breakfast on Norm Gulliksen's New Market Ride on 6-3-89.

Dave Lovegrove urged those attending the Tuesday Night Time Trials to park in the development across Route 257 from Dry River Road as the parking situation on Dry River road has become congested.

It was announced that \$80,000 was raised in the MS 150 bicycle ride the weekend of 6-10-89 and that the actual distance was 176 miles. At least 6 SVBC members took part (Dave Lovegrove, Chuck Burley, Marcia Dickenson, Darren Reed, Brian Manning, and Dave Sprinkle).

Dave Cary talked about the planned Todd Lake Campout overnight tour scheduled for 6-24 thru 6-25-89.

Jack Foster announced the Reddish Knob Hill Climb on 7-2-89 Sponsored by Mark's Bike Shop and that there will probably be a citizens race in addition to the USCF event. Call Jack for details.

Dave Lovegrove closed the meeting at 7:47pm.

### SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ street \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

Check type of membership desired:

INDV \_\_\_\_\_ \$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 \_\_\_\_\_ ASVTHH

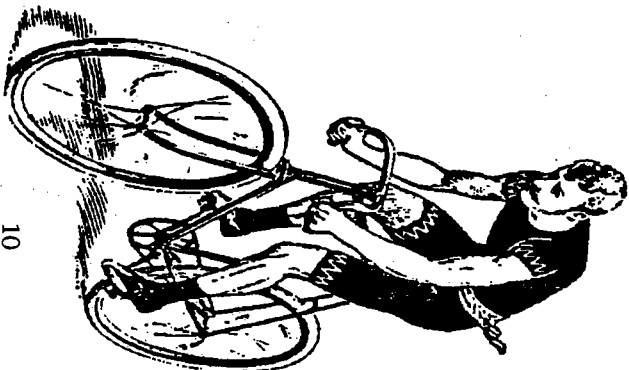
#### SHENANDOAH VALLEY BICYCLE CLUB RELEASE

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 participant, I hereby agree to absolve and hold harmless the Club, the Club officers, and the members also any other person 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 decide 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



by the owners. Plans for a swim on the lake had to be changed to a wade in the icy stream because of flooding. The water completely covered the beach, and had only recently come down from a level well above the wall. Everyone seemed to have brought some form of pasta. I will risk condemnation by others by giving the "finest dish award" to Winnie's macaroni salad. Winnie just joined us for the food and socializing. However, Robert's culinary skills are definitely to be watched (fried apples for breakfast). The meal was enlivened by a discussion of various Supreme Court decisions with some consensus reached in regard to the ethical issues involved in burning a national symbol if it was only source of kindling for our camp fire (that wasn't burning).

As with other camping trips, everyone pretended they liked sleeping on the ground. Nancy drove the sag back, and Dave C. rode. Chuck came out to meet the group near Sangersville. Much of the talk was about doing it again.

...*Shenandoah Valley Century Meeting.* We got together on June 21st to start planning this year's Fall Century. The Shenandoah Valley Century this year is our 7th annual. Last year we had 92 participants on a day with great weather. This year there will be a new checkpoint location in Bridgewater and a requirement for riders to wear helmets. We are starting to work on publicity, however we need a few more volunteers to help. We also need some volunteers to help the day of the ride (sag, registration, checkpoint). Our next meeting will be Wednesday, July 12 at 7:30pm at Marcia Dickenson's house (272 West View, 432-0419)... Please come if you can help. Call me if you can help but can't make the meeting.

Art Fovargue

...*July Meeting.* Ride at 6pm Monday July 10. Hillandale Park Shelter #2, followed by business at 7pm.

...*SVBC COOLERS.* Who has them? We need them ASAP!

...*Mail.* Everything we receive in the mail cannot be published in this newsletter, however all SVBC mail is available for club members' viewing. This can be done by attending the monthly meetings or by calling Art Fovargue (for a good time) or David Lovegrove (for an okay time)

...*Touring Committee Meeting* to be held the third Monday of every month.

...*Newsletter Material* must be given to Ted Harris before the 25th of the month if it is to be published in the upcoming issue.

## President's Draft



Multiple Sclerosis is a chronic disease of central nervous system that strikes people between the ages of 15 - 50. Although 200 new cases of M.S. are diagnosed each week in the United States, the cause and cure of this disease are still unknown. But with the help of over 2000 cyclist and thousands of their sponsors here in Virginia this spring, hundreds of thousands of dollars were raised toward research efforts and services for M.S. victims.

On June 10th and 11th, Shenandoah Valley Bicycle Club members Dave Sprinkel, Marcia Dickenson, Chuck Burley, Brian Manning, Darren Reid, and myself participated in the MS 150 Bike Tour from Charlottesville to Smith Mountain Lake. The 286 riders who participated in the tour raised a total of \$83,000. The ride was named the MS 150 Tour because we were required to raise a minimum of \$150 and the route was 150 miles. However, the 'MS 150 Tour' turn out to be a misnomer. We rode 95 miles the first day to Camp Holiday Lake, and then rode 80 miles the second day to Smith Mountain Lake. Though the ride was more hilly and longer than we had anticipated, it was lots of fun riding in the beautiful countryside!

I feel that the participants never lost sight of the main goal behind the MS 150 Bike Tour. None of us are of the ability to race in the Tour de France, but we did put our lesser ability to work doing what we could for hundreds of MS victims. I would like to take this opportunity to thank the other people without whom the fundraiser would not have been possible. Those hundreds of people including the riders' sponsors, the checkpoint volunteers, the support people, the donors of food and supplies and the M.S. Society workers. Thanks to everyone for their help in the fight against Multiple Sclerosis!

Sincerely,  
David



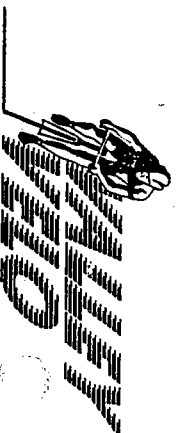
## Other Notables...

...*Todd Lake Ride. Happy Campers.* A wind out of the north pushed Norm, Nancy, David L., Marcia, Susan, Brian, and two first-time-with-the-club riders, Aaron and Robert, out of Harrisonburg toward Todd Lake. David F. caught up before Dayton, and George joined the group in Bridgewater. Julie and Carter, who were on a ride to somewhere else, joined in for a few miles. The sag van, loaded with enough gear and food for an Everest base camp, may have had more trouble with the hills than did the riders.

Four tents went up on the three sites at the campground. The largest never got used. (Your reporter is unwilling to try and reconstruct the "who slept where" program.) The fold-down seat in the van was bid for and won

continued on page 9

REDDISH KNOB  
HILL CLIMB  
TIME TRIAL



SUNDAY, JULY 2, 1989  
9:00 a.m.  
3000+ VERTICAL FEET in 8 MILES

Category	Places	Value	Entry Fee
Seniors 2 & 3	5	\$125	\$6.00
Senior 4	3	\$75	\$6.00
Veterans	3	\$50	\$4.00
Women	3	\$25	\$4.00
Junior	3	\$25	\$4.00
Citizen	3	\$25	\$2.00

Location: Briery Branch, Virginia. South of Harrisonburg, Va. take the Bridgewater exit off of Rt. 61 and follow 257 to Tillman Road, 1 mile past the Honey Quarry entrance.

Registration: 7:30 a.m. - 8:30 a.m. Field limit 100 riders.

2 miles of rough road  
Recommended gearing 42/23  
Record 41 minutes  
Rain or shine

Mail Standard Entry form with Check Payable to: Valley Velo 1570  
S. Main St. Harrisonburg, Va. 22801  
Info. Mark's Bike Shop (703)-434-5151

All USCF Rules Apply



DRY RIVER TIME TRIALS

Name	June 13 Min:Sec	June 20 Min:Sec	June 27 Min:Sec
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Marcia Dickenson	26:54	30:05	29:21
Tim Wolters	27:15		
Jodi Hess	30:00	28:13	23:36
Bill Tomcich			
Steve Hull			
Ted Harris		26:50	
Serena Benson		25:00 tandem	26:21
Les Welch	25:11		
Julia Drinkard	32:52		
Steve Slaubaugh		25:26	
Dave Fyfe		27:28	27:40
Ron Goldberg		27:50	
Rudy Roggercamp			32:23
Bruce Hill		26:09	25:45
Matt Bracken	23:13	23:39	23:28
Al Clague	24:35		
Greg Gaines			26:54
Dave Cary	27:05	24:59 tandem	26:55
David Lovegrove		26:21	26:20
Brian Manning			27:06
Joe Hiney			23:42
Darren Reid			27:09
Sue Rippy			25:45
Dave Brunk		25:22	
Mike Downey	24:01		22:47
Kevin Arnold	23:46		23:44
Steve Poulsun			22:16
John Vaughan	23:50	23:37	
Jusan Arnold	27:04		26:25
Bruce Sinclair	23:18	22:17	23:14
Dave Olivero	26:08		
Trudy Bell	35:33		
Steve Szibler		24:34	24:17
Randy Demke		27:40	
Jon Calabria		27:09	
Chandler Spears		23:24	23:49
Steve Gardner		26:30	
Dwight Denlinger			24:33
Larry Parker			30:04
Bruce Hill			25:45

\*Please excuse any misspellings or incorrect times.

July 16  
Sunday  
Lung Association/Pizza Hut Ride meet at Harrisonburg, South Main Street Pizza Hut at 1pm.

July 23  
Sunday  
Lung Association/Pizza Hut Ride meet at Broad Street Pizza Hut in Waynesboro at 1pm. Following ride, meet at David Lovgrove's house at 4:30pm for last day coverage of the Tour de France. Bring your own beverage.

July 27  
Thursday  
Julie Drinkard Birthday Ride & Pot Luck Supper. Meet at Julie's, 195 Main Street in Dayton at 5:43pm. Call 897-2649 for more info.

July 29  
Saturday  
Biathlon Training Ride. 25 miles, meet at David Lovegrove's house at 9am. For info. call David.

July 30  
Sunday  
Prisoner of Zenda Ride. About 35 miles. Meet at Westover Park, shelter #2 at 8am. For info. call Chuck Burley at 433-8589.

## Up Coming Rides For August

August 5  
Saturday  
Air Park Circuit, Meet at Wildwood Park in Bridgewater. For info. call Chuck Burley at 433-8589.

August 6  
Sunday  
Brunch Ride, meet at David Lovegrove's house at 10am. 30 miles. Brunch at Little Grill afterwards.

August 12  
Open - any volunteers?

August 13  
Ride to Reddish Knob. 50 miles.

August 19  
Open - any volunteers?

August 20  
Get Loose in Linville.

August 26  
Open - volunteers?

August 27  
30 miler

**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: AVOGET 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**

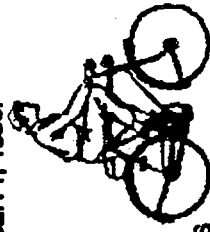
**JULY 16 - HARRISONBURG, S MAIN STREET PIZZA HUT - GRAND PRIZE: CENTURION-SIGNET ROAD BICYCLE DONATED BY COOL BREEZE CYCLERY, 40 S LIBERTY ST, HARRISONBURG**

**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, 1989.



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

# JULY

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 Impromptu Ride Novice Mountain Bike Ride
2 Impromptu Ride Reddish Knob Hill Climb	3 Ladies Only Ride 6:00p.m.	4 Time Trial 6:05p.m.	5	6 Impromptu Ride	7	8 Impromptu Ride High Altitude Hilly Half Century
9 Impromptu Ride Pizza Hut/Lung Assoc. Ride Staunton	10 Ladies Only Ride 6:00p.m. <b>CLUB MEETING 6:00P.M.</b>	11 Time Trial 6:05p.m.	12 Fall Century Meeting	13 Impromptu Ride	14	15 Impromptu Ride
16 Impromptu Ride Pizza Hut/Lung Assoc. Ride Haarrisonburg	17 Ladies Only Ride 6:00p.m. Touring Committee Meeting	18 Time Trial 6:05p.m.	19	20 Impromptu Ride	21	22 Impromptu Ride
23 Impromptu Ride Pizza Hut Ride Waynesboro	24 Ladies Only Ride 6:00p.m.	25 Time Trial 6:05p.m.	26	27 Impromptu Ride Julie Drinkard's Birtday Ride	28	29 Biathlon Training Ride
30 Prisoner of Zenda Ride	31					

## Ride Description

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.

July 1  
Saturday

Novice Mountain Bike Ride. Hog Pen to Slate Lick, 12 miles, other options. Meet at Waterman School at 9am for transportation to ride. For information call Ray Ritchie.

July 2  
Sunday

Reddish Knob Hill Climb. An 8 mile time trial that ascends 3000 vertical feet. Time trial begins at entrance to Tillman road, off route 257 in Briery Branch. Registration begins 7:30am - 8:30am. Field limited to 100 riders. Time trial begins at 9am. Entry Fee \$2-\$6 depending on class. There will be USCF and Citizen's class divisions. This event is sponsored by Mark's Bike Shop and Valley Velo. For more info. call Mark's at 434-5151.

July 8  
Saturday

High Altitude Hilly Half Century. 50 miles, meet at the information center at highway 250 and Blue Ridge Parkway at 10am. For more info. call John Zban at 337-2830.

July 9  
Sunday

Lung Association/Pizza Hut Ride. Meet in Staunton at 1pm at Coalter street Pizza Hut.

July 10  
Monday

Ride Meeting. 6pm Hillandale Park Shelter #2. Ride followed by business at 7pm.