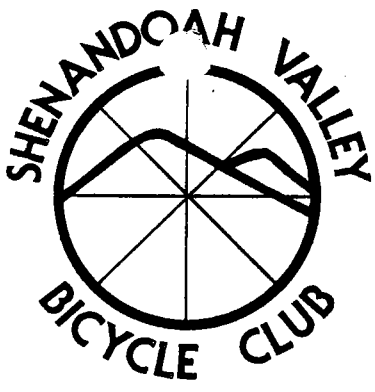
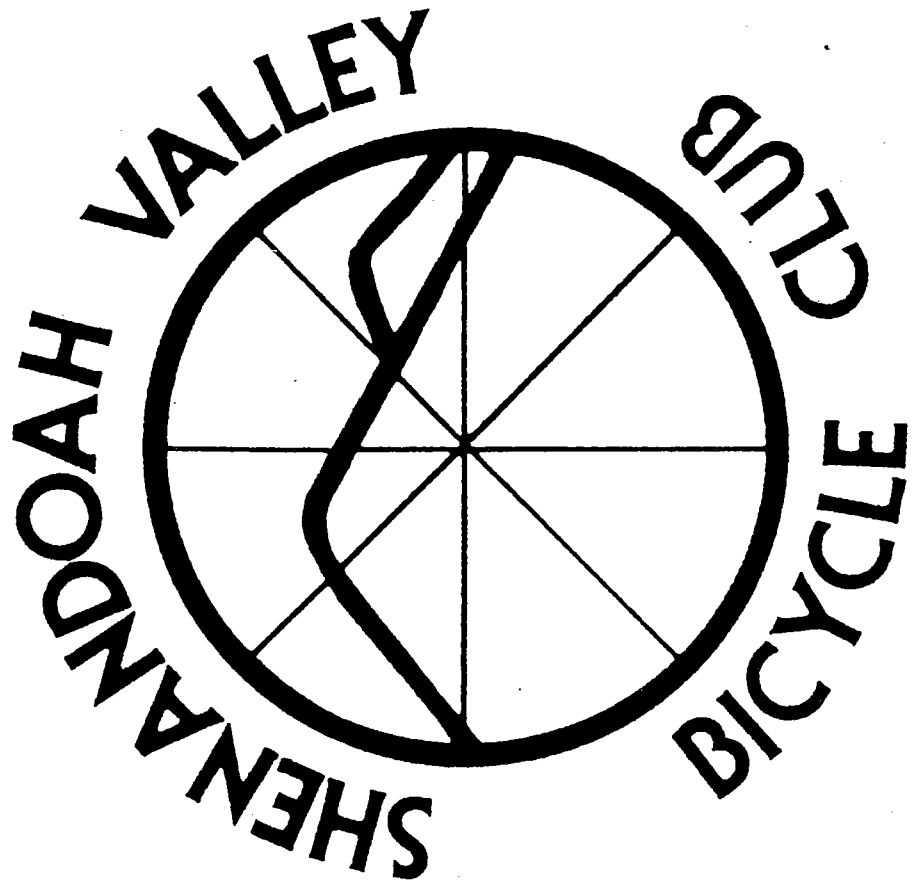


AUGUST 1989



P.O. Box 1014
Harrisonburg, VA
22801

August Meeting:
Monday 14, 6p.m.
Hillendale Park

NEWSLETTER

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

Shenandoah Valley Bicycle Club Officers:

Chuck Burley	President	433-8589
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

President's Draft



That possibility of more desirable employment, fueled by the enticement of an intelligent, wonderful woman, has called me to move away from the area, to Fredricksburg. So, as of August 1, I am abdicating the SVBC throne to an energetic and enthusiastic Volunteer, Chuck Burley. I am relieved the overthrow was bloodless; it wasn't even painful! Chuck only recently took over as Touring Committee chairman and now he wants to be President (the food)! I have complete faith in Chuck's ability to do a great job with the Club; witness the touring tidbits and classified in this newsletter.

I am really going to miss cycling in the Shenandoah Valley; the five years here have made me a cycling addict. The roads on which to ride are numerous and challenging, and the countryside is beautiful. But most of all, I will dearly miss the incredible experiences and friendships that I gathered while here. But not to worry, I am not far away. Please come anytime and ride with us on the flatter roads around Fredricksburg! Thank you, friends.

See you on the roads,
David

Sunday night David passed me the ceremonial file in lieu of the gavel as he transferred to me the position of President. I speak for the Club in saying that David did an excellent job as President and we will miss his leadership and friendship. Thank you, David.

Since there is very little time for me to prepare a column to get in this month's newsletter, I will wait until next month. All I would like to say now is that I look forward to the challenge of being the Club's President and working with all the fine members and officers.

See you on the road,
Chuck

- 8/19 Tour of Orange. 47 Miles. Meet in the parking lot of the shopping center across from Hardee's on Rt. 15 in downtown Orange. (C'ville newsletter.)
- 8/20 Mon Valley Century, Pitsburgh, Pa. Registration \$10.
- 8/20 Free Union - Whitehall. 42 miles. Meet in Free Union in the parking lot of the post office. (C'ville Bicycle Club.)
- 8/20 Gettysburg Century. From Baltimore area to Gettysburg Battle field. SASE to 2438 Sylvdale Rd., Baltimore, Md., 21209, or call Howard Daplan at (301) 484-6955.
- 8/26 Free Union--Standardsville. 37 miles. Meet in Free Union in the parking lot of the post office. (C'ville Bicycle Club.)
- 8/27 Tour of Louisa. 25, 50, 63, or 75 miles. Meet in Downtown Louisa behind the Courthouse (C'ville Bicycle Club).
- 9/2-4 Pine Grove Furnace Tour. Ride from Baltimore to Pine Grove Furnace State Park in Pa., and stay at Ironmasters Youth Hostel. Details SASE Walter Russel, 1160 Spruce Tree Ln., Annapolis, Md., 21491.
- 9/9-10 The 11th annual Great Peanut National Bicycle Tour. Seven Rides.
- 9/15-17 Second Annual Roanoke Valley Ride Festival. Sponsored by Blue Ridge Bicycle Club. For more info. call Greene Lawson at (703) 345-3780.
- 9/17 1989 Capital City Bike Festival.
- 9/17 Canaan Mountain Bike Race. Call Jack Foster.
- 9/23 13th Annual Brandywine tour. 28, 50, or 100 miles. Scenic country roads through Brandywine River Valley including Lancaster County, Pa.
- 9/23 Storming of Thunder Ridge, Lynchburg, 70 miles. ALAV.
- 9/23 Hunt Valley Century. 25, 50, 75, or 100 miles in Hunt Country of Baltimore County. Details SASE Merle Kaplan, 9616 Reisterstown Rd., Owings Mills, Md., 21117.
- 10/20-22 Two days of biking in the Pennsylvania Dutch Country with lodging at Amish Tourist Homes. Details SASE Ken Heirwinski, 6748 Roberts Ave., Baltimore, MD 21222.

Ride Guidelines:

1. Arrive 10-15 minutes early and be ready to leave on time.
2. Make sure your bike is in proper working order before you arrive.
3. Carry a spare tube, patch kit, pump and water bottle.
4. Practice safety and obey all traffic laws.
5. Wearing a helmet is strongly encouraged on all Club rides.
6. Do not ride beyond your capability.
7. Each rider assumes his/her own risk.
8. Always notify the ride leader before leaving the group.

Classifieds:

If anyone has anything to sell, buy, or otherwise notify club members about, please submit info. to Chuck Burley before the the 24th of each month in order to be included in the Classified section of the newsletter.

Chuck Burley has a folder with all sorts of information on the C&O Canal. if anyone is interested in borrowing it to plan a trip, call Chuck.

Chuck Burley also has a Bikecentennial catalog for anyone interested. It is a catalog of their published route maps that travel either cross-country or regionally.

T-shirts. Marcia Dickenson has LOTS of SVBC t-shirts, both long and short sleeved. They will be on sale at the Century (9/10), or any other time Marcia shows up with her car.

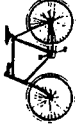
Club jerseys. Not to compete with Marcia, but Chuck is interested in having jerseys made with the club's logo on them. He has a sample jersey and bolts of fabrics of various colors. Prices vary based on the material (e.g. 50/50 or LYCRA) and the quantity. For instance, if we order 12-35 jerseys of 50/50 in one solid color printed on the side, the price will be \$12 each. If anyone is interested, call Chuck.

Rides Outside the Valley

The club receives a lot of mailings from other clubs, etc., and it is hard to get such information to all club members. By putting selected rides in the newsletter, some of this information can be shared with all of our members. If you are interested in further details, call Chuck Burley or whoever may be listed with a specific ride.

- 8/5 Humpback Rock--Waynesboro. 37 miles. Meet at Visitors Center at milepost 6 on the parkway. (Charlottesville Bicycle Club.)
- 8/6 Southern Sizzler. Sponsored by Bicycle Organization of South Side (BOSS) of Richmond. 35, 50, 62, 100, and ice cream rides.
- 8/6 Earlysville Loop. 24 miles. Meet at White's Store at intersection of Rts. 743 and 660. (Charlottesville Bicycle Club.)
- 8/12 Lake Vista Bicycle Race. NOT a USCF sanctioned race.
- 8/12 South Loop Tour of Fluvanna. 35 miles. Meet in Palmyra in the bank parking lot next to Rt. 15. (Charlottesville Bicycle Club.)
- 8/12-18 Bicycle Across Maryland (CAM Tour '89.) Hagerstown To Snow Hill. ALAV

Other Notables...



SVBC Century. Remember to mark September 10 on your calendars. That's the date of the SVBC's 7th annual Shenandoah Valley Century. Two big improvements this year: approved helmets required (safer - tell all your friends), and a new checkpoint at Wildwood Park in Bridgewater (more shade). Notice of the ride appeared in Bicycle USA and already we've received inquiries including, "I participated in 1987 and I was most impressed with the ride and with the people that I met." That's the type of impression our Century has left with most people, and we hope to maintain it. However, we still need some people to help out the day of the ride: someone to help staff the checkpoint, two to register at 7am, one more to register at 9am, and one more sag in pm. Think about volunteering. It's one of the best investments you can make in the SVBC and hence in Bicycling in the Shenandoah Valley

Our next century meeting is Wednesday, August 9 at Art's house, 210 Monument Ave at 7:30pm. We can use some more help for pre-ride activities and publicity, so please come. It will also be a good chance to see the new deck.

For those who plan to ride the century see the enclosed registration form and related article (if you pick this issue up in a bike shop, the registration form will not be inclosed, the bike shop will provide you with a form).

...Proposed New Helmet Policy. At the last Executive Meeting, we discussed the possibility of mandating the wearing of helmets on all Club sponsored rides. In addition, we will check with area bike shops to see if they are able to provide Club members discounts on the purchase of new helmets to help encourage helmet use.

The reason for this is that the Club, through our policies and actions, should be promoting safe bicycling. Perhaps the single most important safety item concerning bicycling is the wearing of approved helmets. Such a policy is not without precedent. Virtually all clubs now have such a policy. Even most races require them. This policy will help protect both the riders and the Club from possible injury.

Following is the proposed policy to add to the Club's bylaws. Please review and be prepared to discuss at the August meeting.

All cyclists participating in official Shenandoah Valley Bicycle Club rides are required to wear helmets (Snell or ANSI approved). Riders who show up at rides without helmets will not be allowed to sign up for the ride as either a member or non-member. To encourage the use of helmets, discounts for Shenandoah Valley Bicycle Club members on the purchase of new helmets are available at the following bicycle shops: (to be filled in later).

MASSAUGHTEN

MOUNTAINBIKE

HOO HA !!



For more information call:

-Mark's Bike Shop (703) 434-5151
 -Massanutten Village (703) 289-9441

Fees: Stalom \$10
 Trials \$12
 Critterium \$14
 Lake Jump Free
 All Events \$30
 Insurance \$2

Rules: All NORA apply
 Helmets required

Where: Massanutten Mountain Resort
 Harrisonburg, VA 22801



1570 SOUTH MAIN STREET
 HARRISONBURG, VA 22801
 (703) 434-5151

REDDISH KNOB HILL CLIMB TIME TRIAL - RESULTS

PLACE	NAME	TIME	OVERALL
1	<u>Men</u> Eliam Ellinger	1:03:07	17
1	<u>Junior</u> Mike Mayer	50:14	10
	<u>Veterans</u> C. Ted Miller Mike Wenger Mary Miller	47:10 50:45 1:06:21	3 11 18
	<u>Cat. A</u> Stephen Szibler Chris Pears Methu Parker John Cullen Winston Shirlatt	48:12 48:39 48:58 49:12 57:58	5 6 7 8 18
1	<u>Cat. 2/3</u> Trent Davis	43:02	1
	<u>Girls</u> Steve Paulson Allan Clague David Lovegrove Steve Zambet Gabe Kyzanski Gren Kozarke Lester Bowers	44:33 48:08 50:13 50:24 52:32 58:08 57:21 1:07:05	2 4 9 12 15 17 16 19

DRY RIVER TIME TRIALS

Name	July 11 Min:Sec	July 18 Min:Sec	July 25 Min:Sec
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Jim Walters	26:56		26:27
Jodi Hess	26:24	26:15	26:16
Bill Tomcich	28:57	27:10	28:29
Serena Benson	26:50	26:43	26:15
Les Welch	25:28	26:09	
Dave Frye	27:03	26:42	26:21
Matt Bracken	23:21	22:41	
Al Clague	23:57	23:43	23:40
Greg Gaines	26:49	26:09	
Darren Reid	26:29	27:04	26:00
Bruce Sinclair	22:51		22:49
Steve Gardner	25:30	25:18	24:42
Dwight Denlinger	24:10		23:12
Chris Morah	28:31		
Bob Hess	28:17	27:49	
Lester Bowers	26:48		
Mike King	30:31		
Dennis Herr	24:11	24:13	
Paul Bender	27:16		
Ted Harris		26:50	
Steve Szibler		24:10	23:46
Marcia Dickenson		28:59	28:59
Brian Manning		24:38	24:06
Rudy Roggenkamp		30:10	
Larry Kelley		23:52	
Bruce Hill		25:38	25:34
Steve Staubaugh		24:02	
Landy Denke		24:30	
David Lovegrove		25:56	
Jon Calabria		26:59	
Steve Poulson		22:25	22:17
Priscilla Irons		37:16	
Bruce Benson		21:11	
Sue Arnold		25:09	
Chris Crowther		28:07	
Kevin Arnold		23:05	
Mike Downey		22:25	
Larry Parker		28:22	
Dennis Kenny		24:27	
Bruce Werner		27:19	
Roger Bloom		23:34	
Conrad Jalali		26:29	
Charlie Zaharako		31:09	
Kathleen Whalen		33:55	

August 26
Saturday

Open

August 27
Sunday

30 miles, Call Marcia Dickenson at 432-0419.

C Park

Up Coming Rides For Sept.

September 3
Sunday

Workers' Century. Any one willing to ride a 25 mile loop to help mark the century route is welcome. Call Art Fovargue.

September 10

SEVENTH ANNUAL SHENANDOAH VALLEY CENTURY. 100 miles registers 7am and leaves 8am. 25 and 50 miles registers 9am and leaves 10am. Register and depart at Westover Park Shelter #3 in Harrisonburg. Registration \$5 before 9/8 and \$7 afterwards.

September 22-24

"Williamsburg - Jamestown Overnighter." For information call Norm at 434-2692 or George at 828-6918.

Folks, as you can see, I have not lined up many tours for the month of September. It is a difficult task to do but during the summer when folks are away on vacations, etc. it is even more difficult. Please help your Club and fellow members by volunteering to lead a ride of your favorite route. To do so, either call me or please feel free to attend a meeting of the Tourist Committee.

I have noticed that most of the Club rides attract the same group of people. I am interested in what could be done to attract the rest of the membership (not that I don't like riding with those that do show up). If anyone has ideas on other rides or activities, please let me know. Maybe folks would like shorter rides, slower rides, more rides on Saturdays or weekdays or different times of the day or more mountain bike rides.

One idea I have been toying with is a Road Rally. This would be designed to provide enjoyment for all classes of riders. It may include a picnic afterwards. But in order to pull it off (it would take a lot of work), I need volunteers. Anyone interested, please call me.

Thanks,
Chuck

SEVENTH ANNUAL SHENANDOAH VALLEY CENTURY

Bicycle rides of 25, 50 or 100 miles through the Scenic and Historic Shenandoah Valley of Virginia

SUNDAY, SEPTEMBER 10, 1989

Sponsored by the SHENANDOAH VALLEY BICYCLE CLUB

The SHENANDOAH VALLEY CENTURY is a special bicycling event sponsored in conjunction with a number of bicycling organizations nationwide that are offering similar rides during September. The term "Century" refers to the fact that the longest ride is one hundred miles (a century of miles). Century rides originated in the late 1800's when cyclists would see if they could travel 100 miles in under 10 hours. Now, rides of various lengths are arranged to suit all abilities, and no time limits are set.

We invite you to join us and many others on the SHENANDOAH VALLEY CENTURY for some of the finest cycling to be found. Scenic vistas, small towns, beautiful farms, quiet roads, and more. All three routes are well paved and have low traffic volume. All participants ride at their own pace; the event is not a race. Maps are provided, and the route will be patrolled by auto to assist with any problems. A food and drink stop is provided every 25 miles and at the midpoint of the 25 mile ride. At the end of the ride, bicyclists will be treated to a selection of baked goods donated by SHENANDOAH VALLEY BICYCLE CLUB members.

DATE: Sunday, September 10, 1989

TIME: 100 mile ride: registration at 7:00 AM; start at 8:00 AM
25 & 50 miles: registration at 9:00 AM; start at 10:00 AM

PLACE: Harrisonburg Recreation Center
Westover Park, Shelter #3
305 S. Dogwood Drive
Harrisonburg, Virginia

COST: Individual: \$5 on or before September 8; \$7 after
Family: \$15 (3 or more family members)

Registration includes route map, marked route, route patrol and mechanical help, food and water stops during the ride and after ride treats. National Century patches from Bicycle USA (a national bicycling organization) will be available for \$2. SHENANDOAH VALLEY BICYCLE CLUB T-shirts will also be available to buy; long sleeved for \$12 and short sleeved for \$7.

Note: Harrisonburg is easily reached from the north or south via I-81. Westover Park is on Route 33 (West Market Street) on the western edge of the city. If you are going west on Rt 33, it's on your left.

FOR MORE INFORMATION: Art Fovargue (703) 433-9247
Marcia Dickenson (703) 432-0419

The registration form is on the back of this flyer. Additional forms may be obtained at Harrisonburg area bicycle shops. Participants are encouraged to preregister.



AUGUST

SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5 Impromptu Ride Air Park Circuit
6 Impromptu Ride	7 Ladies Only Ride 6:00p.m.	8 Time Trial 6:05p.m.	9 Fall Century Meeting 7:30pm	10 Impromptu Ride	11	12 Impromptu Ride Mass. MT. Bike Races Pomac Pedalers in town
13 Impromptu Ride Mass. MT. Bike Races Reddish Knob Ride	14 Ladies Only Ride 6:00p.m. CLUB MEETING 6:00P.M.	15 Time Trial 6:05p.m.	16	17 Impromptu Ride	18	19 Impromptu Ride
20 Impromptu Ride Get Loose in Linville	21 Ladies Only Ride 6:00p.m. Touring Committee Meeting	22 Time Trial 6:05p.m.	23	24 Impromptu Ride	25	26 Impromptu Ride
27 Impromptu Ride Marcia's 30 miler	28 Ladies Only Ride 6:00p.m.	29 Time Trial 6:05p.m.	30	31 Impromptu Ride		

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.

August 5
Saturday

Air Park Circuit, 10miles. Meet at Wildwood Park in Bridgewater, 10am. For info. call Chuck Burley at 433-8589. C/D pace

August 6
Sunday

Open (David Lovegrove's ride cancelled).

August 12-13
Sat. - Sun.

Massanutten Mountain Bike Races. See Advertisement in this issue for more info.

August 12
aturday

Potomac Pedalers in town. Get out and ride with them... show them your favorite route.

August 13
Sunday

Ride to Reddish Knob. 50 miles, round trip. Meet at Keister Elementary School. Bring plenty of food. About a 2,500 foot climb (and then back downhill!). For info. call Art Fovargue at 433-9247. B pace

August 14
Monday

AUGUST MEETING - Ride at 6pm, business at 7pm. Meet at Hillandale Park shelter #3.

August 20
Sunday

Get Loose in Linville, 30 miles. Pot luck supper at Scott and Serena's after the ride. Meet at Scott and Serena's at 2pm to begin the ride. Take 753 N. from Harrisonburg, 756 E. (before entering Linville), right on 720. It's the A-frame on the right. Scott and Serena will provide beer, soda and gas grill. B pace