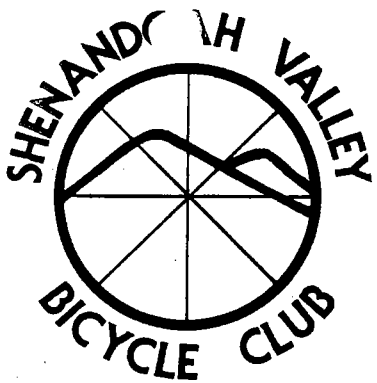
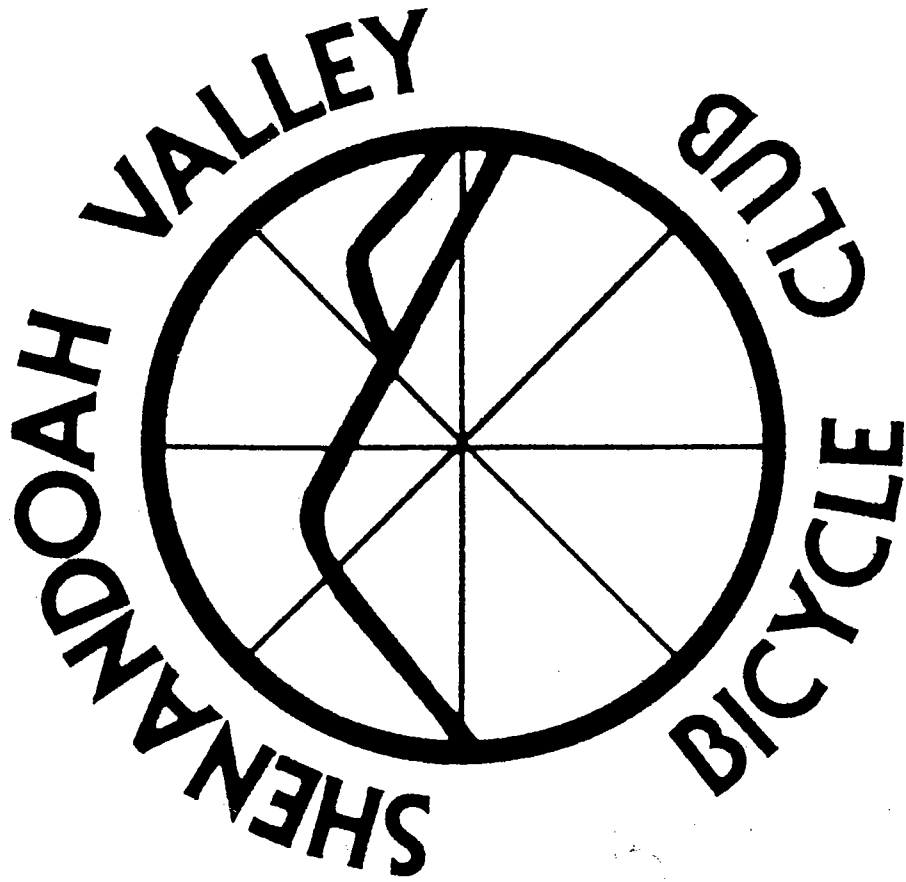


SEPTEMBER 1989



P.O. Box 1014
Harrisonburg, VA
22801

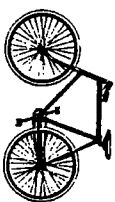
NEWSLETTER

Mark's Bike Shop and Cool Breeze Cyclery 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
Dave Cary	Touring	289-9074
Marcia Dickenson	Publicity	432-0419
Jack Foster	Racing	828-4047
Ted Harris	Newsletter	433-3049

August Minutes



The meeting was opened by president Chuck Burley at 7:20 pm at Shelter #1, Hillendale Park (Note: Chuck had volunteered to take over the presidency when Dave Lovegrove resigned at Julie Drinkard's birthday party. Julie volunteered to be president at some future date.) Eight members were in attendance.

Treasurer Marcia Dickenson reported that we had money, but the exact amount wasn't known since the checkbook was left at home.

Art Fovargue reported on the Shenandoah Valley Century Progress. Chuck Burley inquired as to any efforts having been made in town to improve the two bad railroad crossings.

Chuck mentioned we need a touring chairman (since then Dave Cary has volunteered to handle this.)

The proposed required helmet rule was discussed. Sue Rippy pressed her (and others') preference for pro-choice. It was agreed to plan a vote on this issue at the end of the SVBC year and to amend the constitution accordingly. (See related information in this issue.)

Chuck mentioned a source for cycling jerseys with SVBC logo printed one side for \$12 and asked who would be interested.

Marcia mentioned she has many T-shirts left for sale.

Some discussion was held on the benefits and involvement on becoming non-profit.

The executive committee will have its next meeting Tues. 9-29 at 8:30 pm following the SV Century meeting at Chuck's house.

Chuck adjourned the meeting.

HISTORIC TRIANGLE SHENANDOAH VALLEY BICYCLE CLUB MEET

JAMESTOWN - WILLIAMSBURG - YORKTOWN

When: Sat, Sun, Mon Oct 7-8-9

Housing: Jamestown Campground Saturday and Sunday nights.

Meals: Sat. dinner - Pot luck campsite

Sun. Breakfast - Ferry and ride to Williamsburg

Sun. Dinner - Car pool to Williamsburg

Mon Breakfast - On your own at campsite

Rides: To Williamsburg - Surry House - Yorktown - Yorktown

Battle Field Tour - old Jamestown - More as you wish.

Cost: Everyone pays own expenses. Tenting \$2.50/night

includes showers.

Timing: Campsite to be set up by 11am Sat. Depart for home as

you wish. Deadline noon Mon.

Getting There and Back: On your own. Call Norm if you need help car pooling

and directions to camp grounds.

Registration: Send Below to: Norm Gulliksen

79 Weaver Ave.

Harrisonburg 22801

Or Call 434-2692

Name _____

No. of bikers _____ No. of tents _____

Arrival time Sat _____ Departure Day _____

Departure Time _____

If you have questions call Norm at 434-2692.

Classifieds:

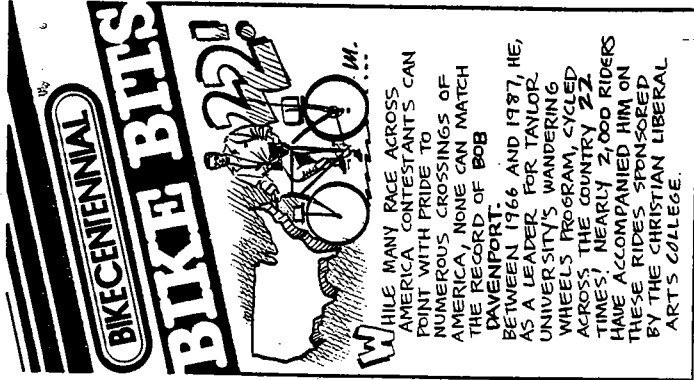
If anyone has anything to sell, buy, or otherwise notify club members about, please submit info. to Chuck Burley or Ted Harris before the 24th of each month in order to be included in the Classified section of the newsletter.

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. Chuck Burley is trying to put together an order for Club jerseys. They will be 50/50 material in one solid color with the Club's logo printed on the back. He needs a minimum of 12 in the order. The price will be \$12 apiece. If interested, please call Chuck.

David Lovegrove's new address is: 902 Mercer St.
Fredricksburg, VA 22401
Phone# (703) 899-9504

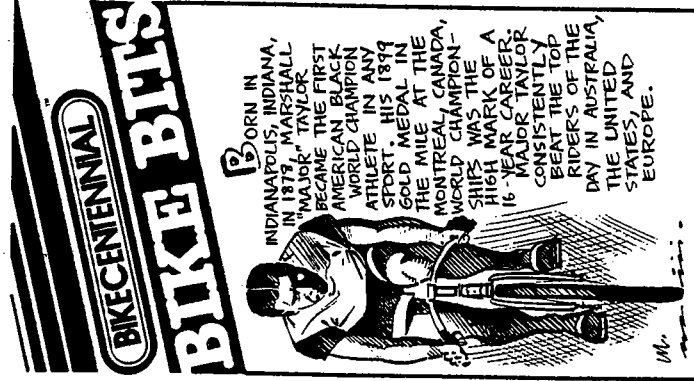
Save \$30 on Kid's Sports Helmet, from Bell. See JOHNSON & JOHNSON displays in participating stores for offer details. If unable to find the required mail-in certificate, send a SASE to Kid's Sports Helmet Offer, P.O. Box 1126, Young America, MN 55394-1126.



BIKECENTENNIAL
BIKE BITS

WHILE MANY RACE ACROSS AMERICA, CONTESTANTS CAN POINT WITH PRIDE TO NUMEROUS CROSSINGS OF THE RECORD OF BOB DAVENPORT. BETWEEN 1966 AND 1987, HE, AS A LEADER FOR TAYLOR UNIVERSITY'S WANDERING WHEELS PROGRAM, CYCLED ACROSS THE COUNTRY 22 TIMES. NEARLY 2,000 RIDERS HAVE ACCOMPANIED HIM ON THESE RIDES SPONSORED BY THE CHRISTIAN LIBERAL ARTS COLLEGE.

Write for free listing information today!
Bikecentennial, P.O. Box 85088, Missoula, MT 59807



BIKECENTENNIAL
BIKE BITS

BORN IN INDIANAPOLIS, INDIANA, IN 1879, MARSHALL "MAJOR" TAYLOR BECAME THE FIRST AMERICAN BLACK WORLD CHAMPION ATHLETE IN ANY SPORT. HIS 1899 GOLD MEDAL IN THE MILE AT THE MONTEAL CANADA-WORLD CHAMPIONSHIPS WAS THE HIGH MARK OF A 16-YEAR CAREER. MAJOR TAYLOR CONSISTENTLY BEAT THE TOP RIDERS OF THE DAY IN AUSTRALIA, THE UNITED STATES, AND EUROPE.

Write for free listing information today!
Bikecentennial, P.O. Box 85088, Missoula, MT 59807

President's Draft

Special thanks - On behalf of all those that Got Loose in Linville, I would like to thank Scott and Serena for their leading the ride and hosting the get together afterwards. It was a beautiful day and the fellowship afterwards was tremendous. By the way, the gas grill never got lit and Serena is having a special on used tire this month. Thanks again, Scott and Serena.

Helmet policy - OK, folks. I did not mean to cause any strife in the Club by raising the helmet issue. However, the issue has been raised and we will see it to some conclusion. After some discussion at our last Club meeting (7 people attended), it was decided that all Club members should not only have the opportunity to present his or her views but also to vote on the proposed policy.

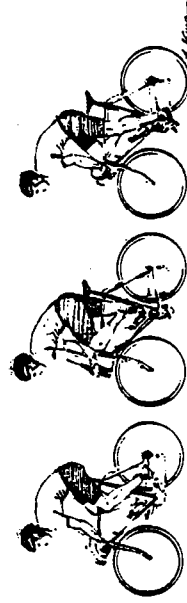
So here's the game plan. Since the ballots for next year's officers will be in the February newsletter, there will be a question to vote yes or no on the proposed helmet policy. In addition, to give everyone equal opportunity to present his or her views, anyone wishing to write a short column for the newsletter is welcome to do so. Just have it to me or Ted Harris before the 25th of the month. In addition, part of January's meeting will be devoted to presenting viewpoints on this matter.

Again here is the proposal: **PROPOSED NEW HELMET POLICY**

All cyclist participating in the 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 helmets are available at the following bicycle shops: (to be filled in later).

See you all on the Century on September 10th!!!

Chuck



Other Notables...

Shenandoah Valley Century

By the time you read this our 7th annual century bicycle ride will be about to happen. Don't miss it. Rides of 25, 50, 100 miles and about any other combination will leave from Shelter #3 in Westover Park, Harrisonburg, on September 10th. Registration for the 100 mile tour is at 7:00 am; for all other distances registration is at 9:00 am. The new checkpoint location at wildwood Park in Bridgewater offers a scenic & relaxing spot for refueling. Please don't forget your baked goods, cookies, cake, bread, brownies etc. These goodies provided at the end of the ride are what brings the riders back. Bring to Art's or Linda Burley's house the day before the ride or to Westover Park Shelter #3, Sunday September 10th in the morning.

For the record, the best times ever posted on our century are:

women	men
25miles Serena Benson 2:17	Julian Hickman 2:08
50miles Judith Trumble 3:28	Jeff Smith 2:47
100miles Sandy Draper 6:51	Craig Mauck 5:36

Of course the distances are a bit different this year, but then the SVC is not a race. Remember, roads are marked, maps and cues are provided, and it is ride at your own pace. ANSI or Snell approved helmets are required.

So if you haven't registered yet for the Century, head down to Mark's, Cool Breeze, Craig's or Mole Hill for preregistration forms. Tell your friends and see you the 10th.

Return to Reddish Knob

Eight brave cyclists took part in the assault on Reddish Knob on August 13th. Larry Kelly, Brian Manning, Darren Reed, Joe Stipic, Bruce Bowman, Art Fovargue, Dave Sprinkel, and Bruce Meyer from the Roanoke area. The rains stayed and it eventually turned hot and humid. After the usual break at Briery Branch the assault started in earnest. Although our pace was not up to racing standards (especially mine), our efforts were rewarded by the stash of Bananas and granola bars Dave and Bruce M. had taken up the previous night. At the Bottom we met Dave Frye who conveniently had made it up to just before the climb started. Hamburger Heaven's TV visual was working. But the audio for this years NASCAR race was a bit off. This year's menu addition was the Sunburger (and night here in Briery Branch). Congrats to Bruce B. who completed the trek with a cold on his Mountain Bike.

How Much Protein Do Athletes Really Need?

One of the most widely accepted myths is that athletes and others who participate regularly in sports or exercise need to consume huge quantities of protein. The logic behind that misconception is as follows: Our muscles are made up of protein and, therefore, the more protein we take in with the food we eat, the stronger and better maintained they will be. In keeping with that line of reasoning, many athletes, from weight lifters to football players, eat four to five times the amount of protein they need.

Although no one can force extra protein into his muscles by eating large amounts of it, there is accumulating evidence that some athletic people do, in fact, need more protein in their diets than sedentary folks. Studies directed by William Evans, Ph.D., at the human physiology laboratory of the USDA Human Nutrition Research Center at Tufts are adding to that body of knowledge. They have shown that for men who regularly perform such aerobic exercises as running, biking, or swimming (as opposed to those who stand in one spot and lift weights, for example), the current recommended dietary allowances of 0.8 gram of protein per kilogram of body weight (54 grams of protein for a 150-pound man) is inadequate. By measuring the nitrogen balance - a technique for determining how much protein the body uses up over a given period of time - in a group of active men, the researchers found

that they require, instead, something closer to 1.4 grams of protein per kilogram of body weight (95 grams of protein for the same 150-pound man.)

In terms of food to be eaten, that amounts to a difference of about 5 ounces of chicken or hamburger meat, 5 cups of milk, 5 slices of cheese, 5 ounces of bass, or some combination thereof. For someone who weighs more than 150 pounds, the difference is somewhat greater. And for a person who weighs less, it is smaller.

Fortunately, most athletes eat more food than non-athletes, so their higher protein needs are met automatically. Indeed, Americans in general eat far more protein than they need and thus are not at risk of suffering protein malnutrition, the symptoms of which include lowered resistance to infections, poor wound healing, and anemia. Some athletes who are trying to lose weight or maintain a low weight, however, systematically eliminate high-protein foods from their diets because they contain calorie-dense fat. Certainly, limiting fat intake is a wise idea, but athletes should not do so at the expense of the additional protein they need. That can only make their attempts at fitness lead to unfit results.

Extracted from Tufts University, Diet & Nutrition Letter, Vol. 5 No. 8 October 1987



National Rally '90

July 4th weekend, Slippery Rock College, Slippery Rock, Pennsylvania
Join the Western Pennsylvania Wheelmen and the Out-spokin' Wheelmen for a return to the site of the delightful 1983 GEAR. Quiet, rolling, country roads will lead you to many scenic and historic state parks. At the third annual National Leadership Council clubs, federations and advocacy groups will gather to develop a unified national agenda to promote bicycling.



LEAGUE OF AMERICAN WHEELMEN
SUITE 209, 6707 WHITESTONE ROAD, BALTIMORE, MD 21207

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.

- 9/16 - Roanoke Valley Ride Festival. Call Greene Lawson 703-343-3780. 9/17
- 9/17 Shenandoah Valley Century out of Winchester. Meet at James Wood Amherst at 7:30 am for a 100mile ride. There will be a \$6 registration fee. Call Rick Pennington 703-869-6006.
- 9/17 Capital City Bike Festival. Washington's largest recreational cycling ride over 26 miles free of motorized vehicles. Contact American Youth Hostels, 202-783-0717.
- 9/17 13th Annual Brandywine Tour. 25, 50 or 100 mile routes. Sponsored by Delaware Valley Bicycle Club. Routes include Lancaster County, PA. Call Frank 215-449-6154 or Rick 215-622-2954.
- 9/23 The Storming of Thunder Ridge, Lynchburg, VA. 25, 50, 75 miles including Blue Ridge Parkway. ALAV fund-raiser (no pledges however). Call John Grienrer at 804-890-4771.
- 9/23 Hunt Valley Century. 25,50, 75, and 100 mile rides in the beautiful Hunt Country of Baltimore County. SASE Merle Kaplan, 9616 Reistertown Road, Owings Mill, MD 21117.
- 9/30 - Big Boulder Mountain Bike Classic and Oktoberfest. Includes 10/1 Combo Uphill - Downhill Slalom; Obstacle Course; Cycle Toss; Cross Country Lap Race; Awards Ceremony; Prize Drawings. For more info. Big Boulder Ski Area, Lake Harmony, PA 18624, 717-722-0101.
- 10/20 - Mennonite Meander. Two days of biking in the Pennsylvania 10/22 Dutch Country with lodging at Amish Tourist Homes. For details send SASE to Ken Nierwienski, 6748 Roberts Ave., Baltimore, MD 21222.

DRY RIVER TIME TRIALS			
Name	Aug 8 Min:Sec	Aug 15 Min:Sec	Aug 22 Min:Sec
Mark Parker	27:54	28:40	Aug 29 Min:Sec
Matt Parker	27:29	26:16	27:46
Larry Parker	28:44	28:24	28:26
Marica Dickenson	30:21	31:12	29:08
Sue Rippy	25:40		
Steve Szibler	24:57		
Al Clague	24:18	23:40	24:15
Dennis Herr	24:50		23:33
Brian Manning	25:49	25:30	25:04
Dave Frye	27:09	26:47	26:42
Darren Reid	26:28	25:35	
David Brunk	25:35		
Steve Gardner	26:19		
David Lovegrove	26:34		
Dwight Denlinger	25:27		
Tim Wolters	27:22	27:26	
John Vaughn	23:02		
Chandler Spears	23:02		
Bruce Sinclair	22:09	21:55	21:55
Serena Benson	27:19	26:44	26:21
Sue Arnold		25:29	24:44
George Trimble		25:58	24:34
Kevin Arnold		23:48	23:32
Jodi Hess		26:10	24:38**
Matt Blacklock		29:52	24:55
Doug Bowen		27:45	
Victor Jimenez		26:44	
Les Welch		27:03	27:10
Shawn Galang			25:45
Winston Shifflett			2536
Jack Foster			25:13
Matt Bracken			24:30
Art Foyatgue			28:18
Mike Downey			22:36
Robin Baldwin			28:32
John Baxter			23:23

****NEW COURSE RECORD - WOMENS TIME TRIAL
WAY TO GO JODI!!**

Note: August 1 results were unreadable.

SEPTEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2 Impromptu Ride
3 Impromptu Ride Worker's Century	4 Ladies Only Ride 6:00p.m.	5 Time Trial 6:05p.m.	6	7 Impromptu Ride	8	9 Impromptu Ride
10 Impromptu Ride Shenandoah Valley Century	11 Ladies Only Ride 6:00p.m. CLUB MEETING 6:00P.M.	12 Time Trial 6:05p.m.	13	14 Impromptu Ride	15	16 Impromptu Ride Historic Staunton Ride
17 Impromptu Ride	18 Ladies Only Ride 6:00p.m.	19 Time Trial 6:05p.m.	20	21 Impromptu Ride	22	23 Impromptu Ride
24 Impromptu Ride Skyline Drive Ride	25 Ladies Only Ride 6:00p.m.	26 Time Trial 6:05p.m.	27	28 Impromptu Ride	29	30 Impromptu Ride LAV Trek

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
Tuesday

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
Monday

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

Sept. 3
Sunday

Workers Century. Marking the Century route.

Sept. 10
Sunday

Shenandoah Valley Century. See Details in this newsletter.

Sept. 16
Saturday

Historic Staunton Ride. 50 miles slow pace. For more information call David Frye at 433-1800.

Sept. 24
Sunday

Skyline Drive ride. 50 miles B - pace (slow but hilly). Meet at Swift Run Gap entrance to Shenandoah National park on Route 33 east of Elkton. Please be there ready to ride at 8 am. We will ride north to Skyland where we'll have brunch. There is a restaurant there to get some munchies. Call Dave Cary 289-9074. P.S. Dave guarantees seeing a deer.

Sept. 30 -
Oct. 1

ALAV Colonial Williamsburg Trek.

Rides in October

Oct. 7 - 9
Sat. - Sun.

Camp out and ride the historic triangle of Williamsburg, Jamestown and Yorktown. See details in this newsletter.