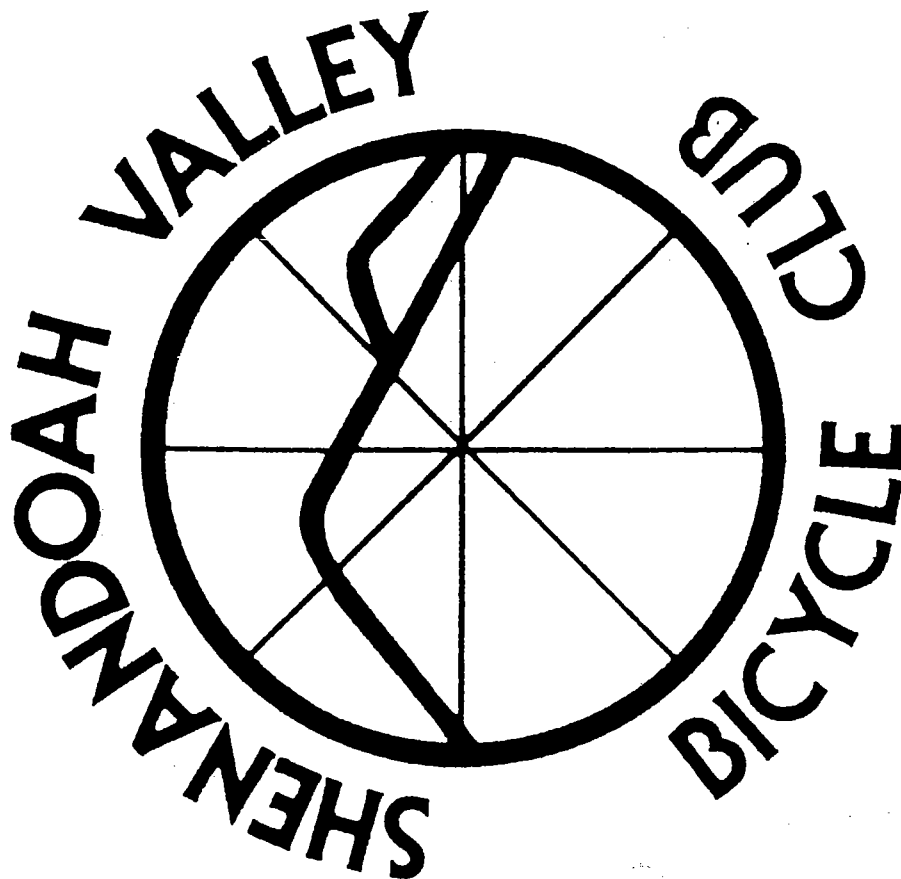
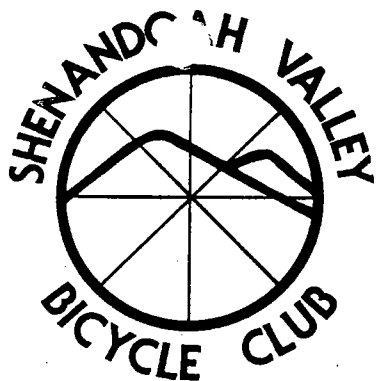


OCTOBER 1989



NEWSLETTER



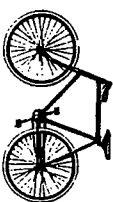
P.O. Box 1014
Harrisonburg, VA
22801

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
Dave Gary	Touring	289-9074
Marcia Dickenson	Publicity	432-0419
Jack Foster	Racing	828-4047
Ted Harris	Newsletter	433-3049

September Minutes



Location: Hillendale Park

Chuck Burley opened the meeting at about 7:10pm.

Chuck showed off the type of jersey he is gathering orders for. The color of choice was turquoise.

Art Fovargue briefly reported on the century held 9/10. (see article in this newsletter).

Chuck announced the 20th Anniversary of Earth Day is being celebrated April 22, 1990. The SVBC would like to have a booth and Chuck is looking for volunteers to help organize. We can expect help from the League of American Wheelmen (see article this newsletter).

Chuck asked for meeting topic suggestions. He will try to get Mark Nissley and his video of the Hoo Ha.

Chuck also talked about the Adopt-A-Trail program with the U.S. Forest Service. He reported that Ray Ritchie has agreed to take the lead in working with the Lee Ranger District of the George Washington National Forest. (see President's Draft this newsletter for more recent details).

Marcia Lamphier reported that we have \$588.20 in the bank but there are still some big bills outstanding.

Jack Foster reported on racing.

Art reported there were about 93 members. Three new memberships were obtained at the century.

Tom and Carol Mayer reported on the 1st meeting of the Virginia Department of Transportation (VDOT) Bicycle Advisory Committee which they attended on September 8 in Emporia, VA. Basically, the VDOT is looking for input from the bicycling community and it appears they will be receptive to needs. The committee should serve as a good source for what is going on at the state level and with other clubs. Tom mentioned there were 1,200 registered for the Great Peanut Ride in Emporia.

Chuck closed the meeting about 8:20pm. Partaking of leftover century baked goodies followed.

MEMBERSHIP

The SVBC is now up to 101 memberships for the year. We would like to extend a hearty welcome to the following new members:

Jim & Terri Auckland	Harrisonburg
Robin Baldwin	Charlottesville
David Bashaw	Harrisonburg
Mary Jo Bowman	Dayton
Susan Bukovsky	Harrisonburg
Frank Carver	Staunton
Angi Kinard	Harrisonburg
Tom & Anne Mies	Bridgewater
Peter Mullen	Dayton
Larry Parker	Grotoes
Charles Scott & Family	Harrisonburg
Bob Sease	Harrisonburg
Margaret Smith	Harrisonburg
Gordon Stiel	Harrisonburg
Larry Whitten	Harrisonburg

Memberships from now through the end of the SVBC year (February, 1990) are now half price. Tell your friends - it's a bargain at twice the price.

BIKECENTENNIAL

BIKEE BITS

WINDING THE LENGTH OF THE WESTERN HEMISPHERE IS A FORMIDABLE CHALLENGE AND HAS BEEN UNDERTAKEN BY INCREASING NUMBERS OF CYCLISTS IN RECENT YEARS.

W. M. HARRISON

GREPT FOR THE FIRST SUCH JOURNEY GOES TO ENGLISH-MAN IAN HIBBEL, WHO LEFT GATE HORN IN NOVEMBER, 1970, AND FINISHED IN CIRCLE CITY, ALASKA IN SEPTEMBER, 1972. HIS TRAVELS INCLUDED A 250-MILE, 3 MONTH TREK THROUGH THE PARIEN GAP THROUGH AND A CLIMB OVER A 17000 FOOT PASS IN PERU.

Write for free touring information outside: Bikesentennial, P.O. Box 85088, Missoula, MT 59807

BIKECENTENNIAL

BIKEE BITS

All But Forgotten

TODAY, MARGARET GAST WAS AN AMERICAN BICYCLE RACING STAR OF THE 1870'S. BORN IN 1876 IN GERMANY, SHE CAME TO THE UNITED STATES IN 1870 AND BEGAN CYCLING IN 1873. THE HIGH POINT IN HER CAREER CAME IN 1900 WHEN SHE COMPLETED A 2600-MILE RIDE IN 55 MINUTES.

LATER SHE TURNED TO MOTORCYCLE RACING AND BECAME KNOWN AS "THE MILE-A-MINUTE GIRL". SHE DIED IN 1968.

Write for free touring information outside: Bikesentennial, P.O. Box 85088, Missoula, MT 59807

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.

CLUB MEETINGS

The Club meetings for October through April, 1990, will be held at the Valley Wellness Center in Harrisonburg. The meetings will start at 7pm. Each meeting will have a topic or speaker followed by a general business meeting. Following are the dates and topic for these meetings.

October 9. Mark Nissley, owner of Mark's Bike Shop, will present a 30 minute video of the Hoo Ha. This was a successful mountain bike event sponsored by Mark and the Massanutten Resort. The video is a commercial production and is really fun to watch.

November 13. TBA

December 11. Mike Perry, Manager, Cycle Swiss Alpine, will present a talk and slide show on his company's Swiss Alpine bicycle touring. Cycle Swiss Alpine is a small bicycle touring company specializing in tours through (and over) the Swill Alps. Snack and drinks will be provided.

January 8. Pot luck dinner. No speaker this night. Anyone interested in presenting their views on the helmet policy may do so. We will hear from the Nominating Committee on their slate of officers. The floor will also be open for nominations. Please remember that nominations must have the person's approval before being brought up.

February 12. TBA

March 12. TBA

April 9. TBA

From the recovery room.....

Thanks to everyone who stopped and helped me out after my fall on the century ride. After 2 days in the hospital, I'm back at home for a week or so before I can return to work. Luckily I'm not too much worse for the wear and as soon as the bones mend and the bruises go away I should be back on the road. Thanks again for your help, concern and good wishes.

Larry

FOUND: One JMU sweatshirt at the century. Call Art Fovargue 433-9247.

President's Draft

"The Thrill of Victory and The Agony of Defeat"

Congratulations to those who completed the century and especially to those who did it for their first time. I have heard that our century is relatively difficult due to the hills but I wouldn't know since this is the only one I've ever ridden. I do know however that this year it was particularly difficult due to the heat.

Those that set out to do the century but did not complete it should not be discouraged. Do not look at it as a failure but as a learning experience. Ask yourself about your physical conditioning, training and diet prior to the ride and how you can improve next year. Set a goal next year to complete the eighth annual century and work towards it.

Last, but certainly not least, I would like to thank all who worked on the century. Everybody did a great job. More on this in Art's article.

ADOPT-A-TRAIL

The George Washington National Forest has a program whereby interested publics can adopt a trail in the national forest for mountain bike riding, hiking or other uses. This does not mean granting exclusive right to use. What it does however is promote safe and ethical use of trails. Through this program, opportunities exist to maintain, improve or create new trails.

I have been in touch with District Rangers John Coleman (Lee Ranger District, Edinburg) and Bud Risner (Dry River Ranger District, Bridgewater). Both have been very receptive to the idea.

Ray Ritchie in Broadway has agreed to take the lead in working with the Lee Ranger District to locate trails suitable for adopting. Is there anyone interested in taking the lead working with the Dry River Ranger District?

This program has proven very successful with other publics interested in hiking and horseback riding. Given the growing popularity of mountain bike riding, I believe the Club should take this opportunity to work with the Forest Service in identifying and maintaining trails suitable for mountain bike riding. The objectives would be to identify suitable trails for riding, promote ethical trail riding and develop a positive working relationship with the George Washington National Forest.

Anyone interested, please call Ray Ritchie or Chuck Burley.

Chuck

P.S. Do not panic in December when you do not get a newsletter. One will not be published that month.

Other Notables...

VOLUNTEERS NEEDED

On April 22, 1990, the 20th anniversary of Earth Day will be celebrated nationally. There are plans currently being made by local clubs and chapters of national organizations for a celebration in Harrisonburg. This is an excellent activity to involve the Club in. If you would like to provide support by organizing, sponsoring a ride, preparing exhibits or spreading the word that bicycling is both fun and environmentally sound, please volunteer. Anyone interested, please contact Chuck Burley.

CENTURY SUMMARY

With the exception of Larry Kelly's close encounter of the road surface kind, our 7th Annual Shenandoah Valley Century was a great success. The turnout of 164 riders was the largest ever, the new checkpoint at Wildwood Park worked out well and the weather was near perfect.

Thanks to all those who lent a hand in one way or another: Marcia, Chuck, Karen, Linda & Kids, Crystal, Rose, Norm, Dain, Brian, Nancy & the Dave's Gary, Frye & Plunkett. Many thanks also to those who took the time to make and bring baked goods. Your efforts were appreciated by many. Thanks to L.D. Brenner for printing the posters. Lastly, thanks too to Cool Breeze for their help in various ways.

For the statistical minded, here are a few. On the food end, 103 pounds of bananas, 30 pounds of gorp and 22 gallons of gatorade were devoured. Fifty nine riders finished the century including 8 in 6 hours or less. Craig Mauck recorded a new fastest time at 5 hours and 31 minutes. Eight riders completed a 3/4 century, 6 riders a metric century, 39 riders the half century and 48 the quarter century. Chuck Richey rode the half in 2 hours and 44 minutes, a new record for that distance.

The number of bicyclists from the Harrisonburg/Rockingham County area finally surpassed the usual 45 or so with 78 this year. The other areas with large representation were the DC area (30), Charlottesville (20), greater Staunton/Waynesboro (14) and Lynchburg/Roanoke (10). Les Jones from Creston, Iowa gets the award for coming from the furthest distance.

Sex wise, there were 40 female participants this year, our greatest number ever. However, this only translates into 24% of the total number--our lowest percentage ever.

Thanks again to all who helped. It was lots of fun. I look forward to next year. Perhaps we can reach 200 riders.

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.

Sunday, Oct 1 Flumarle Loop. 40 miles. Meet at the Visitors' Center on Rt. 20 S. (Charlottesville Newsletter).

Saturday, Oct 7 Tour of Louisa County. 37 or 70 miles. Meet in downtown Louisa behind the Courthouse. (Charlottesville Newsletter).

Sunday, Oct 8 Stony Point Loop. 31 miles. Meet at the Stony Point School on Rt. 20 N. (Charlottesville Newsletter).

Sat/Sun, Oct 14-15 Blue Ridge Parkway Weekend Ride. Ride to Lexington Saturday and back on Sunday. Total mileage 100+ miles. Meet at the Visitors' Center at Humback Rocks at 8:30am. (Charlottesville Newsletter).

Saturday, Oct 21 Tour of Orange County. 47 miles. Meet in downtown Orange in the parking lot across from Hardees on Rt. 15. (Charlottesville Newsletter).

Saturday, Oct 21 General AP Hill Rides. 1/4, 1/2, metric, 3/4 and century rides. Registration starts at 7:45am. Lasagna dinner afterwards. Call Chuck Burley for registration form.

Sunday, Oct 22 Half Century. 50 miles. Meet at Walton Middle School on Rt. 708. (Charlottesville Newsletter).

Saturday, Oct 28 Century Ride in Fluvanna. 25-100 miles. Meet in downtown Palmyra in the bank parking lot off Rt. 15. Start time 8am. Bring plenty of snacks and water. No sag stops planned. (Charlottesville Newsletter).

Sunday, Oct 29 North Garden-South Garden. 24 miles. Meet at Walton Middle School on Rt. 708. (Charlottesville Newsletter).

Nov 11-16 Tenth Annual Florida Bicycle Safari. A 6 day, 400 mile, coast-to-coast ride through Florida. Contact WMFE Public Broadcasting, 407/273-2300.

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.

DRY RIVER TIME TRIALS

Name	Sept 5 Min:Sec	Sept 12 Min:Sec	Sept 26 Min:Sec
Larry Parker	27:53		
David Bashaw	26:45	27:06	27:40
Ken Bell	24:50	23:37	
Al Clague	24:05	24:05	
Sue Arnold	25:25	25:51	
Kevin Arnold	23:31	23:31	
George Willetts	23:18		
Bruce Sinclair	22:55	22:19	22:39
Serena Benson	26:38	27:01	27:38
Les Welch	26:27	26:30	28:27
David Neikirk		27:25	
Sean McClathui		29:27	
Marcia Lamphier		30:13	32:12
Robin Baldwin		29:08	
George Trimble		25:25	26:32
Jodi Hess		25:47	26:09
Steve White		31:07	
David Frye		26:07	
Lester Bowers		27:06	
Jeff Holsapple		25:31	
Jonathan Martin			26:09
Matt Bracken			23:46
David Brunk			26:05
Tim Wolters			27:38

Sept. 19, rain; no time trials.

Sept. 26, LAST TIME TRIALS OF 1989.

*Please excuse any misspellings or incorrect times.

OCTOBER

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7 Impromptu Ride HISTORIC TRIANGLE RIDE
8 Impromptu Ride HISTORIC TRIANGLE RIDE	9 Ladies Only Ride 6:00p.m. CLUB MEETING 7:00P.M.	10	11	12 Impromptu Ride	13	14 Impromptu Ride MOUNTAIN BIKE RIDE
15 Impromptu Ride	16 Ladies Only Ride 6:00p.m.	17	18	19 Impromptu Ride	20	21 Impromptu Ride BROADWAY/TIMBERVILLE FALL FESTIVAL DAYS
22 Impromptu Ride	23 Ladies Only Ride 6:00p.m.	24	25	26 Impromptu Ride	27	28 Impromptu Ride
29 Impromptu Ride	30 Ladies Only Ride 6:00p.m.	31				

Ride Description

Impromptu Rides

These are "no hosr" 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.

Ladies Only Monday

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

Oct. 7 - 9

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

Sat. Oct 14

Mountain bike ride of 10-15 miles. Starts at Bruce Sinclair's house at 6:30pm. Beer and sunset provided. Directions to Bruce's house: 3 1/2 miles north of Timberville on Rt. 42 to Rt. 728. For more info, call Bruce at 896-2233 (H) or 433-0323(W).

Sat. Oct 21

Broadway/Timberville Fall Festival Days. Sponsored by the Chamber of Commerce. Three rides supported by the SVBC. The rides will be 3, 10 and 15 miles. Rides leave the steps of the Broadway High School at 1:30pm. Anyone interested in leading, dragging or sagging, please contact Ray Ritchie.

