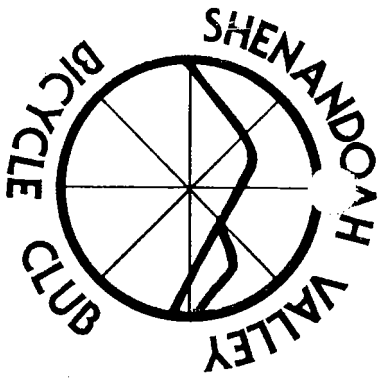


MARCH 1990



NEWSLETTER



P.O. Box 1014
Harrisonburg, VA
22801

CLUB MEETING:
March 12
Monday 7pm
Valley Wellness Center

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REASON: CARRIER
Unclaimed
Attempted Not known
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No such street
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Do not re-mail in this envelope
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VA 24441

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FIRST CLASS
HARRISONBURG VA
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U.S. POSTAGE
21

Sorted, but no address
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RETURN TO SENDER
NO FORWARD
UNABLE TO FORWARD
RETURN TO SENDER

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

Shenandoah Valley Bicycle Club Officers:

Jack Foster	President	828-4047
	Vice President	
Art Fovargue	Secretary	433-9247
Marcia Lamphier	Treasurer	432-0419
Dave Cary	Touring	289-9074
Marcia Lamphier	Publicity	432-0419
Jack Foster	Racing	828-4047
Ted Harris	Newsletter	433-3049

February Minutes

Meeting held at the Valley Wellness Center. Jack Foster and Marcia Lamphier opened the meeting at 7:15 p.m. The special guests were Casey Ford, JMU Senior, Race Director and Mitchell Slaymaker, JMU Cycling Team Coach.

Casey and Mitchell gave a presentation on the Harrisonburg Cycling Classic to be held in downtown Harrisonburg on April 7. They filled the room with excitement and enthusiasm. The bike race April 7 will consist of seven criterium races (see ad for details). Casey and Mitchell are recruiting race day volunteers. Marcia will be the contact person.

The ghost of past SVBC presidents has once again visited the Valley. Chuck Burley's departure to Portland, Oregon was announced. We wish him and his family the best in their new adventures.

An overview of Earth Day (April 22) activities was given by Marc. Another appeal for volunteers. Contact Art (433-9247) for more details.

Ballots were collected.

Touring Report: Revision to 1990 Rides

March 25 - George Trimble 20 - 25 miles 1:00 pm.

April 1 - April Fool's Day Ride Dave Carey.

June 2&3 - Todd Lake Campout.

Treasury Report: \$926.76

Racing Report: Jack Foster/Time Trials will resume in April with the time change. Watch April Newsletter for details.

As the small crowd slowly dwindled, one-by-one: the meeting was adjourned at 8:45 pm.

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s) _____ Phone _____

Address _____
street city state zip

Check _____ of membership desired:

INDIVIDUAL _____ \$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 _____ AGVITHH

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 entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, and the members, also any others 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 abide 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

DUES ARE DUE

1985 Feb, March, April, May, June, July, Aug.
1988 Feb, Dec.

Once complete, this assembly of newsletters will serve as our club's history, and will make for humorous reading on rainy Sunday Afternoons.

Art Fovargue

2 AVENIR WIND TRAINERS FOR SALE: Assembled and in very good condition. Call Jill or Craig Sease at 897-2303 or Craig at work 434-7622.

CENTURION SPORT DLX FOR SALE: 21" frame, Shimano components, Vetta gel seat, Zefal frame pump, and Specialized turbo tires. \$170.00. Contact Brian Manning at 703-234-8422.

Club Meetings

Club meetings held at Valley Wellness Center in Harrisonburg (thru April) and will begin at 7 pm.


March 12 MARCH MEETING TOPIC: ENERGY EXPENDITURE IN BICYCLING. How much energy do you use up while bicycling? Do you use more struggling up Reddish Knob or going to the store? Where does the energy come from? Where does it go? Art Fovargue will give a brief look into the energy requirements and flows that are typical while bicycling. A video will be shown as backup information. No technical degrees required.

April 9 To be announced (Marcia).

Event **Harrisonburg**
CYCLING CLASSIC
April 7, 1990
Downtown - Harrisonburg, Virginia

\$10,000 Plus Primes
SCHEDULE OF EVENTS

CATEGORY	TIME	DISTANCE (LAPS)	PRIZES	PLACES
Novice	9:30 a.m.	5	Merchandise	5
Women III-IV	10:00	20	\$650	10
Senior IV	11:00	25	\$1,100	15
Senior III	12:00 p.m.	30	\$1,200	15
Juniors	1:30	25	\$1,100	15
Senior III-IV	2:30	25	\$1,100	15
Senior I-II	3:30	45	\$5,000	25

 **FIRST AMERICAN BANK**

President's Draft

THIS PRESIDENT'S LAST DRAFT

must apologize to Marcia, John and Rob for leaving my keys in the car when we left for the Reddish Knob to Union Springs mountain bike loop. My apologies especially to John as he was the one to ride all the way back up to Reddish Knob to get his truck.

That was my first mountain bike ride and it was a blast (but couldn't you have picked something easier, Marcia?). The company, weather and scenery were all excellent. I am glad I got to go before leaving the area.

That brings me to the matter of leaving. It's official, I have a new job and it requires we move to Portland, Oregon. It's a big career move for me and a big move for the family, period! We will miss all our friends and the beautiful country here in Virginia. We don't have a phone number yet but here is our address:

Chuck & Linda Burley
8380 S.W. 158th Pl.
Beaverton, OR 97007

Please look us up if you ever get out that way.

The ballots are not officially in yet but the officers for 1990 have a big agenda to meet. The Adopt-A-Trail for mountain bikes, Earth Day, the helmet policy if it passes and whether or not to incorporate the Club are all projects that need to be brought to some conclusion. The officers will need your help. It is a very big job and they are only a few.

Please support your Club by volunteering to work on the various projects. I always have and still do feel that the Shenandoah Valley Bicycle Club has the potential to become a prominent Club by capitalizing on what it has to offer. The Valley has some of the finest bicycling opportunities within a 3 hour drive of millions of people. If everybody pitches in, the Club can achieve almost any goal it sets.

I have enjoyed riding with all of you and serving as an officer of the Club. Thanks for all the good times. See you on the road somewhere, sometime in the future.

Chuck

1990 RIDES (as of March 8, 1990)

- 2nd Sunday each month 10 am mountain bike rides leave from Jamesway parking lot in Timberville. Contact Ray Ritchie at 896-2913.
- March 25 St. Patricks Day Ride and Pot Luck. Contact George Trimble for details. 20 - 25 miles 1:00 pm.
- April 2nd Starting April 2nd there will be a ride just for women every monday at 6:00 pm. Ride pace will be 13 -16 mph and the distance will be 10 - 25 miles. New riders welcome. Meet at Cool Breeze Cyclery.
- April 1 April Fool's Day Ride. 11 am McGaheysville Elementary School. Pizza Hut after ride for food. (Be prepared - remember it is April Fool's Day!!). Contact Dave Carey at 289-9074.
- May 12-13 Massanutten Yee-Ha. Mark's Bike Shop 434-5151.
- May ?? Eleanor's Century. Eleanor Price 433-0539.
- June 2-3 Todd Lake Camp Ride and Tent Stuffing. Contact Nancy and Dave Cary 289-9074.
- July 1 Reddish Knob Hill Climb Time Trial. Mark's Bike Shop 434-5151.
- July Pizza Hut Rides. Three consecutive weekends (not yet chosen).
- August 4-5 Massanutten Hoo-Ha. Mark's Bike Shop 434-5151.
- August 19 Serena and Scott's Ride and Pot Luck. Cool Breeze Cyclery 433-0323.
- September 9 SVBC Century. Art Fovargue 433-9247.
- If you would like to lead a club ride contact Dave Cary at 289-9074.

Classifieds:

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

T-shirts. Marcia Lamphier has LOTS of SVBC t-shirts, both long and short sleeved.

HELP WANTED: Immediate opening for someone to produce the club newsletter. No special skills required. If interested contact any of the officers listed in the front of the newsletter.

VOLUTEERS NEEDED: Contact Marcia Lamphier 432-0419

1. Harrisonburg Cycling Classic April 7 Downtown Harrisonburg
2. Tour de Trump May 6 Charlottesville

ATTENTION WOMEN: Starting April 2nd there will be a ride just for women every monday at 6:00 pm. Ride pace will be 13 -16 mph and the distance will be 10 -25 miles. New riders welcome. Meet at Cool Breeze Cyclery.

ROAD BIKE REPAIR CLASS: Learn basic bike maintenance in a four session class to be held monday and wednesday evening 6:30 - 9:30 pm beginning March 26th. This is a hands on course so bring your bike every night.

EARTHDAY: Plans are progressing for the SVBC's presentation at Earthday in Hillandale Park on April 22, 1990. We will sponsor two bikes rides, a short and a long one (details to come), man a booth where bicycling information, club brochures, etc. will be available, and provide a bicycle check facility where the general public can park their bicycles, Will still need some lunteers to help. So that no one has to spend all day "working" we will try to break it into shifts. If you can help out for 2 to 3 hours that day (between 1pm and 6 pm) please let me know. This is an excellent opportunity to get the word out about bicycling. You'll enjoy getting involved.

Art Fovargue

NEWLETTER REQUEST: Call for action! To all our "old" SVBC members ("old" of course only referring to the length of time they have been members). After many times of having promised to do so (to myself), I have finally assembled the past issues of SVBC newsletters into a library. All the way from volume 1, issue 1 in March 1983 where the front page was graced with a photo of some of our "early" (better word than "old") members, to our latest combined January/February 1990 issue (I guess we lost track of volume number)... except for some gaps. If any members have any of the following issues, and would be either willing to donate or loan (so I can copy), Please call me: