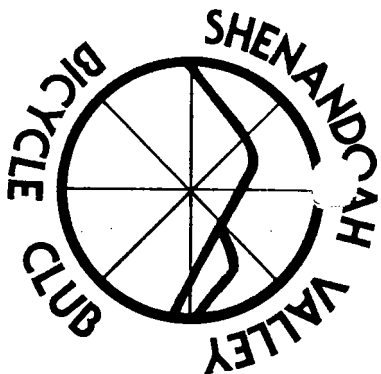
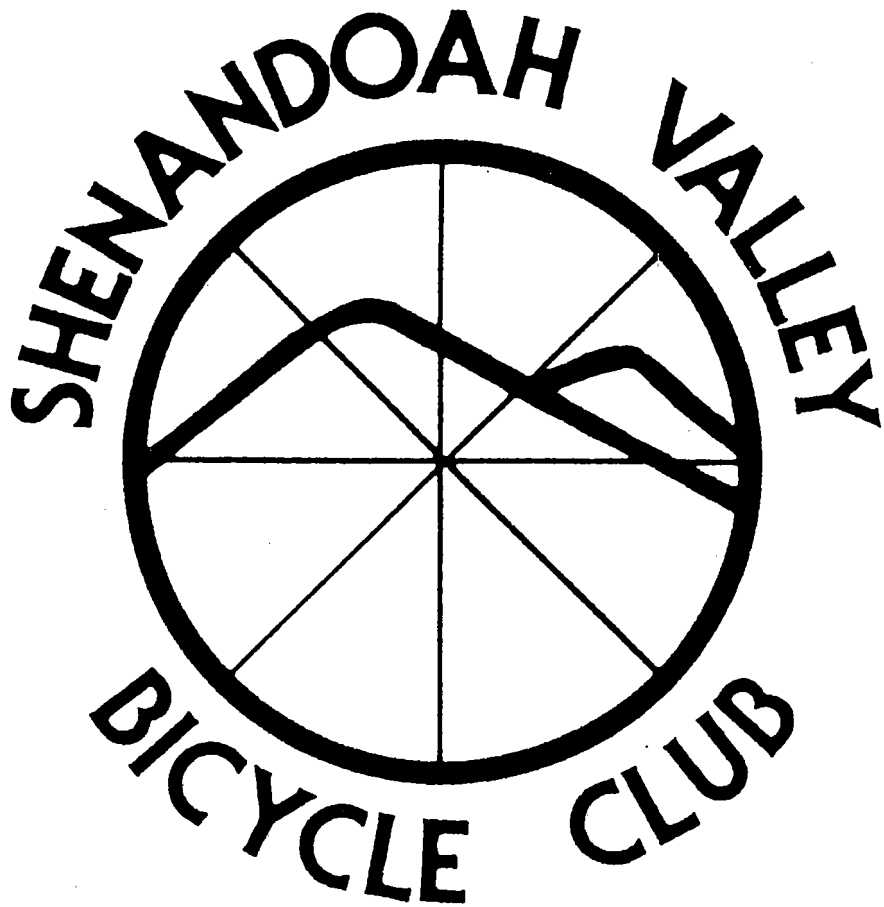


APRIL 1990



P.O. Box 1014  
Harrisonburg, VA  
22801



NEWSLETTER

Cool Breeze Cyclery and Mark's Bike Shop 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
Jodi Hess	Newsletter	

## March Minutes

Jack Foster opened the meeting at 7:03 p.m. at the Valley Wellness Center. There were 17 attendees. Jack confirmed that President Chuck Burley has departed the area, Art Fovargue announced the election results: the present slate of officers was reelected and the helmet policy passed. Since Jack Foster has taken over the presidential duties, we now gave a vacancy for vice - president.

Tom Mayer discussed the Bicycle Plan and the Bicycle Advisory Committee of VDOT, and the Adopt-A-Road proposal. VDOT suggest local funds would be most effective for Bicycling when used for upgrades when repairing roads. Concerning adopting a county road for litter pickup, the consensus voted for Rt. 753, if still available.

Art talked about Earthday & the Club's planned activities.

Dave Cary reviewed the upcoming rides and Jack stated time tria will start April 3.

New (relatively) members Tom Mise (and daughters), Tim Miller, Mike Neupauer & Richard Standage were welcomed.

The new Helmet policy was discussed. It was generally agreed that would be good to have helmets. A 3 minute video of one of the match sprints at the final Sundance Track Series was shown, showing how a helmet lessened the injuries to Curt Harnett during a serious accident.

The meeting was adjourned at 8:45p.m.

## 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

# Earthday

The SVBC's presentation for Earthday (Sunday, April 22 Hillandale Park, 1-6pm) will be in Shelter #3. We will be one of over 40 groups (not all in Shelter #3) presenting various activities and information on how to enjoy and information how to enjoy and help preserve the Earth. In addition there will be games, music, storytelling, food and other goings ons.

Two bicycle rides will leave Rockingham Square Shopping Plaza at 11:45 am and end up at the Festival. See further details elsewhere in the newsletter. Adjacent to our booth in shelter #3 will be the bicycle corral, where we will 'check' people's bicycles (as in coat check) so that they won't have to worry about locking them all over.

Hopefully you will be able to bicycle to Hillandale Park. The first 75 cyclist will receive a free water bottle & the second 75 a tire patch kit. If you can't bike, shuttle buses will be running from JMU, Downtown and other sites (check the paper). Or park at the middle school and hike the 10 minute trail through the woods. Stand up and be counted on Earthday as one who does not have to drive their car everywhere. As further incentive, all those who arrive by foot, bicycle, or bus will have their names entered for hourly raffles. Encourage all your friends to come out and use alternative (to autos) transportation.

We still need two or three people to help staff our display and check in bicycles for two hours between 12 and 4 on Earthday. If you can help please call me.

Wear your SVBC T-shirts or jersey.

Art Fovargue

If you remember the original Earthday, you're probably still riding without aero brake hoods. The twentieth anniversary of Earthday will be celebrated on April 22 at Hillandale Park. SVBC is not only having a booth but guiding rides and providing a bike corral. Many organizations for energy conservation, recreation and socialization will provide numerous activities and information. We can use anyone for any amount of time to properly represent SVBC in this timeless event. Call Art at 433-9247.

Jack Foster

# Club Meetings

Unsure of future club meeting dates and locations at the time of publishing. Please call any of the officers listed in the front of the newsletter for current info.

# President's Draft

The anticipated arrival of spring should see Chuck and Linda Burley setting in the Pacific Northwest mist. SVBC is acquiring some dear and loyal friends in almost all corners of the country. The consequence of Chuck's recent transfer and reelection has left a formidable challenge and vacancy. In light of filling some rather substantial shoes, I have agreed to carry on as president. Fortunately, the support of Art, Marcia, Dave and Ted will make this task possible. A vice-president is still needed however. Anyone interested?

The amazing coincidence of very warm winter weather and an ambitious schedule of early spring events is just too good to be true. Every weekend, since mid January has beacons those bikes out of winter hibernation. There are many opportunities to celebrate Spring.

A lot of attention has been given to providing an easier pace to build the base needed for the long awaited tours of the Fall during most rides. Many of the rides do include the laid back get togethers after the tours. Keep in touch!

For the fast at heart if not legs, many races to participate either as rider or support or spectator are in store. Check the race program!

Jack

# Race Program

The warm weather has generated an early opportunity to jump to an early start for the Time Trials at Dry River Bridge. The first will be April 3 at 5:45pm. The change to Day Light Standard Time the following weekend will move the time back to 6:00pm. Everybody is welcome and please try to park as far off the road as possible. Are there any bets on how many discs are going to be out there?

If we intend to enjoy this opportunity, Saturday mornings are going to be busy in April for laying out road race courses for the summer. Anyone interested in a brisk reconnoitering ride at 8:30 am call me. A new route will be explored for the Mt Sidney area on April 21. The next area of interest is scenic Linville-Singers Glen on April 28. Look for every third Saturday till September (crush season) for a road race. If anyone is interested in helping to marshal these events, I can really use you!! The races will have an entry fee of \$3.00 to cover maps, gas and prizes.

Jack

# 1990 RIDES (as of April 11, 1990)

- 2nd Sunday each month 10 am mountain bike rides leave from Jamesway parking lot in Timberville. Contact Ray Ritchie at 896-2913.
- Mondays 6:00p.m. 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.
- Tuesdays 10 6:00p.m. **Time Trials.** Meet at the intersection of route 257 and 738. mile loop. To begin at 6:00p.m.. Please do not park in the the intersection, please do park in the side street next to the intersection or at the store about 1/4 mile down 257 on the left or -better yet - ride your bike to the time trials. A nominal fee of \$1.00 will be charged to non-members. Questions call Jack at 828-4047
- April 21 Earth Day Rides: 11:45 Rockingham Square Plaza. 10 mile city tour, easy pace led by Scott Harlow (433-0723). 25 mile Country tour, easy pace led by Norm Gulliksen (434-2692).
- May 12-13 Massanutten Yee-Ha. Mark's Bike Shop 434-5151.
- May 20 Weyer's Cave, Call Brian Manning at 234-8422.
- 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 43 5151.
- July 8 American Lung Association/Pizza Hut Ride. Harrisonburg.
- July 15 American Lung Association/Pizza Hut Ride. Waynesboro.
- July 20 American Lung Association/Pizza Hut Ride. Staunton.
- 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 Jodi Hess before the 24th of each month in order to be included in the Classified section of the newsletter.

**Helmets:** The mandatory helmet policy for all SVBC rides has passed. In light of this, much discussion has evolved about the club purchasing a few helmets that can be provided at each ride. A vote was taken at the April Meeting.

**Adopt-A-Road/Trail:** The ongoing interest of committing to keeping some commonly used roads and trail has evolved into a selection of Kratzer road in Linville. The Forest Service has a similar program with either Reddish Knob fire road or the flagpole being of high interest. A vote was taken regarding these choices at the April Meeting.

The proposed mountain bike trail that will be on Great North Mountain above Basye is making good progress in the embrionic stage. Ray Ritchie will keep us posted on future action.

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

**VOLUTEERS NEEDED:** Contact Marcia Lamphier 432-0419  
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.

**NEWLETTER REQUEST:** The Following issues of the SVBC newsletter are all missing from our library. If any members have any of these issues, and would be either willing to donate or loan (so I can copy), Please call me at 433-9247.

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

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.