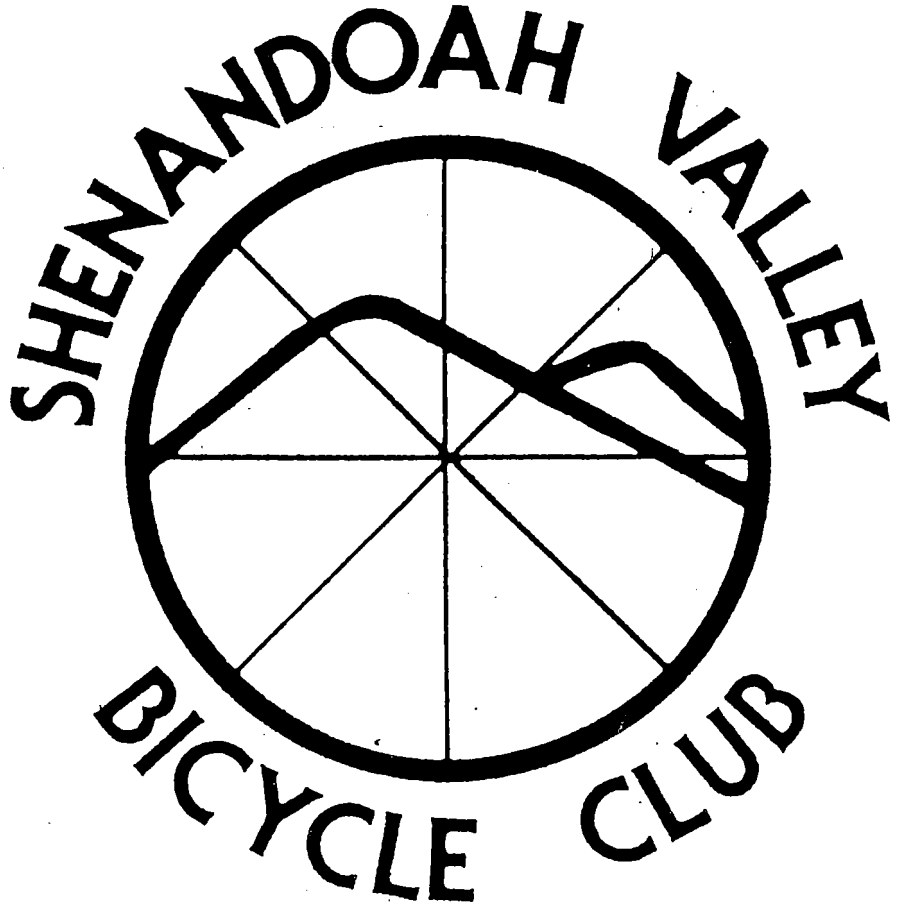
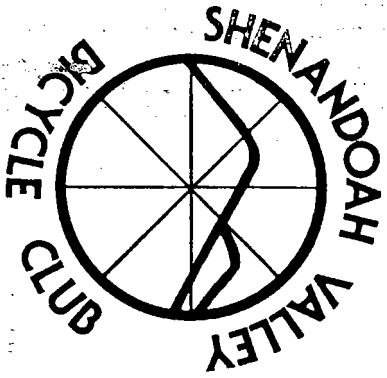


AUGUST 1990



NEWSLETTER



P.O. Box 1014  
Harrisonburg, VA  
22801

Art & Kathy Fovargue  
210 Monument Avenue  
Harrisonburg, VA 22801

 printed on recycled paper

Mark's Bike Shop and Cool Breeze Cyclery 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	

REDDISH KNOB HILLCLIMB July 1, 1990 Results

<u>Category</u>	<u>TIME</u>	<u>Category</u>	<u>TIME</u>
<u>IV</u>		<u>2 &amp; 3</u>	
1. Cid Cardoso	41:56	1. Trent Davis	44:49
2. Steve Zanetti	46:05	2. Ed Dickenson	45:28
3. Bruce Meyer	46:59	3. Flavio Cardoso	47:40
4. Chad Robertson	51:58	4. Jonathan Wooten	51:58
5. Scott Ramsey	52:22	5. William Taft	1:02:14
6. Steve Nunun	52:44		
7. Tim Wolters	54:22		
8. Bruce Sinclair	55:15		
9. Steve Slaubaugh	57:39		
10. Sriram Srinysan	1:00:48		

## MINUTES - July 9, 1990 SVBC meeting

Jack Foster, President, opened the meeting at shelter #1, Hill and Dale Park, at 8:04 PM after a short ride and a delicious pot luck dinner. Thirteen members were in attendance.

Jack discussed the upcoming trash pickup on the SVBC adopted highway schedules for July 14. Also discussed was the highly successful American Lung Association - Pizza Hut Ride held yesterday with 171 bicyclists in attendance.

Art Fovargue mentioned 19 riders on the bike-aid cross country tour will be passing through Harrisonburg Aug. 18 and are in need of places to stay.

Scott Harlow suggested that occasionally we should bring in speakers from out of town and give them an honorarium. The groups consensus was that this was a grand idea.

Marcia Lamphier reported \$1097.34 in the treasury.

Jack reminded everyone that a vice-presidential opening on the SVBC executive board still exists; a golden opportunity for those of you desiring a political future.

Art reported that the active memberships stands at 55.

Tom Mayer discussed the latest happenings on the VDOT Bicycle Advisory Committee:

- There is some possibility legislation may be introduced requiring a permit be required for certain size groups of bicyclists.
- Tom is on a subcommittee working on a VDOT racing policy
- Ellen Farnham of Richmond is trying to renew the Virginia Bicycling Federation

Jack closed the meeting at 8:45

### Veterans

1. Craig Mauck	45:31
2. Mike Wenger	51:00
3. Michael DeHaven	53:27
4. John Haire	58:21
5. Daw Gutaiew	59:06
6. Robert Hess	1:05:15
7. Paul Steagall	1:06:37

### Women

1. Colleen Doody	56:12
2. Johlene Hess	56:20
3. Serena Benson	57:23

### Juniors

1. Peter Henry	54:26
2. Michael Goff	54:31

### Citizens

1. Stephen Poulson	45:14
2. Al Clague	47:54
3. Mike Lehman	51:43
4. Garth Kundle	52:08
5. Jody Hensley	52:31
6. Larry Grossman	54:19
7. Kevin Rosenow	54:52
8. Mike Neupauer	57:37
9. David Bashaw	57:47
10. Jack Foster	58:42
11. Winston Shifflett	1:01:16
12. Donald Ritchie	1:02:17
13. Deb Rigby	1:03:46
14. Bob Porter	1:15:15
15. Gene Miller	1:21:04

# 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.

## SHENANDOAH VALLEY CENTURY:

As noted elsewhere, our eighth annual Shenandoah Valley Century is scheduled for Sunday, Sept 9. Rides of 25, 50 or 100 miles will leave Westover Park with checkpoint in Bridgewater. Last year we had 160 plus riders; tell all your friends so we can top that figure this time. A pre-registration form will be included in next month's newsletter, or pick up at area bicycle shops.

Assistance is still needed for pre ride publicity and century day activities (sag, registration, checkpoint service, checkout).

If you can help out even for a few hours please let me know, it is greatly appreciated. Our next planning meeting is Aug 1 at 7:00 pm at Shelter #3 in Westover Park. If this newsletter isn't out in time, call me for the next one.  
Art (433-9247)

**BIKE AID:** Summer Supper - Pot Luck for group of bicyclists from Bike Aid. This group of 19 will be passing through Harrisonburg on their way from San Francisco to Washington D.C. They are riding to raise awareness and generate support for community based solutions to global poverty. Host families/persons needed for night of August 18. Picnic supper is August 18, 5:00-7:00 PM, Purcell Park, Shelter 3. Call Art at 433-9247 or Common Ground at 433-8212.

**MEMBERSHIP:** If you expected to receive this newsletter in the mail but didn't, perhaps it is because you forgot to renew your dues. Renew today while you are thinking of it, or bring your application to the next meeting. The SVBC membership now stands at 55. Instead of having all memberships expire at the same time in February, we are going to try a system where your membership expires one year from when dues are paid. Notification will be by an insert in the newsletter. This will eliminate our half year dues after August.

**BIKE AID:** On August 18 (tentative date), about 10 to 20 bicyclists riding for Bike Aid will be arriving in Harrisonburg on their cross country trip. They have obtained pledges to help raise money for the Overseas Development Network which helps fund self help projects in the U.S. and other countries. If you have any extra floor space, please consider giving one or two (whatever) of these cyclists a place to stay for the night. It will be a great chance to meet some new people, hear some cross country bicycling tales and contribute in a small way to a worthwhile cause. Since the 18th is a Saturday, perhaps we can bike out to meet them. If you can help let me know.

Art Fovergue (433-9247)

**SHENANDOAH VALLEY CENTURY:** The Shenandoah Valley Century "Committee" got a start on planning this year's event (our 8th annual) on 6/18. The 25, 50, and 100 miles rides are planned for Sun., Sept. 9. Of course, we still need some more volunteers to help out ahead of time and the day of the ride (especially at the checkpoint). Our next meeting is Wed evening, July 11, at Marcia's house at 7:30 p.m. All are welcome. Call Marcia (432-0419) or Art (433-9247). If you can help but cannot make it on the 11th.

**Adopt-A-Highway:** Aug. 25 8am Donnelley Parking Lot (Kratzer Road) more details: Marcia - 432-0419 or Art - 433-9247  
Brunch at Scott & Serena's afterwards.

## AUGUST BIKE CLUB MEETING: Aug. 13, 1990

Hillandale Park Shelter #1

6:30 Ride

7:30 Meeting TOPIC: Mike "Neups" Neupauer will be presenting bike touring - short adventures to cross country tours.

### Adopt-A-Highway

Saturday, July 14th in the foggy mist of a rainy morning, five dedicated SVBC members meet at the Donnelley Plant parking lot to clean "our" highway. Scott, Jack, "Neups", Art, and Marcia spend two hours picking up trash. Realizing that we needed many more helping hands, we decided to only clean a short section of highway from the city limits to Donnelley.

The SVBC section of highway is 2.07 miles on Kratzer Road (753 to 838 intersection). The Department of Transportation provides trash bags, safety vests, and trash pick-up.

We collected 8 bags of trash (4 recycle and 4 regular trash). Scott got the award for the "luckiest" find - \$\$\$\$\$. The rest of us attempted to find the most "gross" trash. We identified flowers, insects, and road kill. A fun time was had by all.

Coffee, bagels, and muffins were a welcomed treat at Scott and Serena's afterwards. Thanks a bunch Scott!!

\*\*\*Mark your calendars--AUGUST 25 8 A.M. Donnelley Parking Lot (Kratzer Road)\*\*\*  
\*BE THERE!!! (P.S. Bring gloves.)\*

-Brunch at Scott & Serena's afterwards. Bring goodies to share.-

# RACE/ Time Trial Results

Name	6/7	6/12	6/19	6/26
Bill Klahn	26:37	25:53		25:07*
Jody Hensley	25:59	24:54		22:55
Sue Arnold	23:01	23:38		
Kevin Arnold		27:31		
Tom Hayer		25:03		
Kevin Rosenow		24:30		
Steve Gardner	24:08	23:26		24:51
Brian Manning		22:20		
Garth Kunkle				
Al Clague	24:04	23:49		23:57
Darren Reed	23:11	25:20		
Bill DeBruin	23:51	23:48		
Larry Grossman		27:31		
Jeff Pence		26:28		
Tim Wolters	26:47	26:27		
David Frye	27:33	27:47		26:59
Bruce Sinclair		21:14		
Jody Hess		26:23		
Colleen Doady	24:38			
Steve Hull	23:19			
Steve Sladaugh	23:54			
Mike Downey	23:28			
Darren Reed	25:11			
Mike Neupauer	24:38			
George Trambles	26:13			
John Calabri				25:51
Hark Devlin				26:16
Steve Zarnetti				22:45
Chad Robertson				

JUNE

Name	7/10	7/17
Craig Lowry	24:03	24:08
Tim Wolters	26:53	26:12
Sue Arnold	25:05	
Kevin Arnold	22:47	
Steve Paulson	22:20	
Shawn Galang	24:30	24:00
Joe Hiney	24:26	24:29
Rusty Jusingo	25:53	
Al Clague	23:02	23:17
Hark Devlin	25:51	26:23
Deb Rigby	27:55	
Bernie Edwards	31:43	29:28
Jody Hensley	26:26	25:25
Art Fovargue	32:44	32:22
Frank Hill	35:56	36:05
Mike Henger	23:44	
Steve Sladaugh	23:55	23:15
Greg Gum	26:35	
Chad Robertson	23:24	
Bill DeBruin	24:44	
Johlene Hess	27:17	
David Frye	26:20	26:22
Colleen Doady		24:43
Bruce Sinclair		21:41
Breeta Palombo		26:06
Dan Moore		24:50
Barry Moore		28:44
Serena Benson		27:04
Les Welch		27:23

July Time Trials

# 1990 RIDES (as of Aug. 1, 1990)

2nd Sunday each month 10 am mountain bike rides leave from Jamesway parking lot in Timberville. Contact Ray Ritchie at 896-2913.

**Mondays** Women's ride every monday at 6:00p.m. pm. Ride pace will be 12 -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, park 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.

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.

August 26 Reddish Knob Hill Climb 8 a.m. Kiester Elementary in Harrisonburg. 50 miles at your own pace. Sardines on the way up and fine eats at Hamburger Haven on the way down. Will the audio or visual work? Hilly?! Art Fovargue 433-9247

September 3 Workers Century Marcia Lamphier 432-0419

September 9 SVBC Century. 25,50 or 100 miles \$5 pre-registration or \$7 at time of ride. Marcia (432-0419) or Art (433-9247)

If you would like to lead a club ride contact Dave Cary at 289-9074.

# OUT OF TOWN RIDES

SEPT. 8 MS Bike Tour 25, 50, 75 mile loops Winchester, VA. 1-800-451-0373.

SEPT. 15 Surry Century Rides, Peninsula Bicycling Assoc., P.O. Box 5639 Parkview Station, Newport News, VA 23605.

SEPT. 16 1990 Booth's Escape Century. Oxon Hill Bicycle and Trail Club, Inc, P.O. Box 81, Oxon Hill, MD 20745 or Ed Mallon (301) 868-4933.