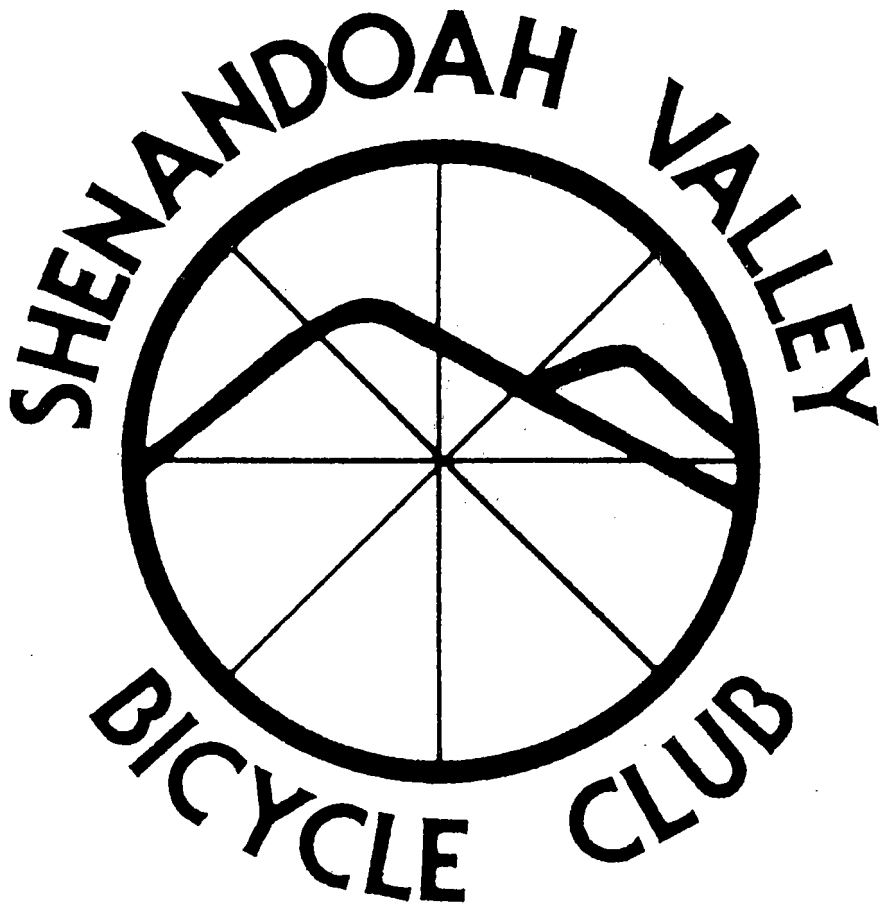
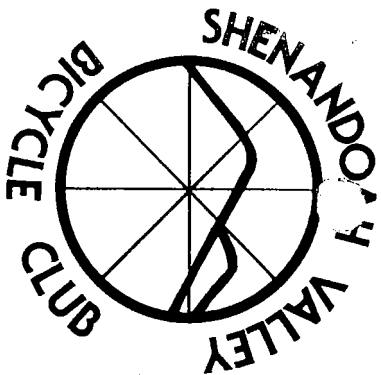



SEPTEMBER 1990



NEWSLETTER



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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	



Plan Now for 1991 Great Eastern Rally!

Make your plans now for L.A.W.'s 1991 Great Eastern Rally. Preparations are well underway for a delightful four-day retreat by our local hosts, the Potomac Pedalers Touring Club. The 1991 GEAR will be held June 7-10 at William and Mary College, just outside historic Williamsburg, Virginia. For information or to volunteer, write GEAR '91, c/o Willa and Bob Friedman, 5514 Callander Drive, Springfield, VA 22151-1402. Club newsletter editors are encouraged to help publicize this date and location!

The 1991 National Rally could be in your backyard! L.A.W. is looking for a site and volunteers. Interested clubs should contact the national office.

Here is an application for trial membership to the "LEAGUE OF AMERICAN WHEELMEN". The trial membership is only \$3.00 and the following is what you get for it: A TRIAL MEMBERSHIP CARD and two (2) issues of BICYCLE USA. BICYCLE USA is the League's publication which has articles about bicycle riding and touring, product reviews, learn Bicycle Law, find out what our Government Relations department is doing, learning about the League through the League Notes, and much, much more!!!

MINUTES - August SVBC meeting

- The meeting was opened about 7:45 pm at Shelter #1 in Hill-n-Dale Park on August 13, 1990. Five members were present.
- Art Fovargue discussed the Century Ride coming up on September 9. Marcia Lamphier reported the local Amateur Radio Association will provide man power and radios for communications for the century.
- Marcia reported on the Triathlon planned for September 29 by the Valley Wellness Center. Volunteers are needed for road marshalls.
- Mike Neupauer reported on the upcoming trash pickup along our stretch of Adopt-A-Highway
- Mike volunteered to fill the SVBC vice-presidential vacancy.
- Marcia reported \$648.27 in the treasury.
- Art reported 62 active memberships plus whatever is in the mailbox (he lost the key) Mike advocated more road rides on mountainous terrain!
- Marcia reported that WVPT had contacted her regarding doing a local bicycling segment.
- Marcia reported that the Sports Medicine Clinic is planning a meeting on September 5 of local amateur athletic groups. Marica will attend.
- The meeting closed at 8:45

NOTE: The program on bicycle touring by Mike Neupauer was postponed until a future meeting due to the late hour and darkness.

Our club is an affiliate of the
League of American Wheelmen

For a limited time, the League is offering a trial membership to club members only. For three dollars, you will receive:

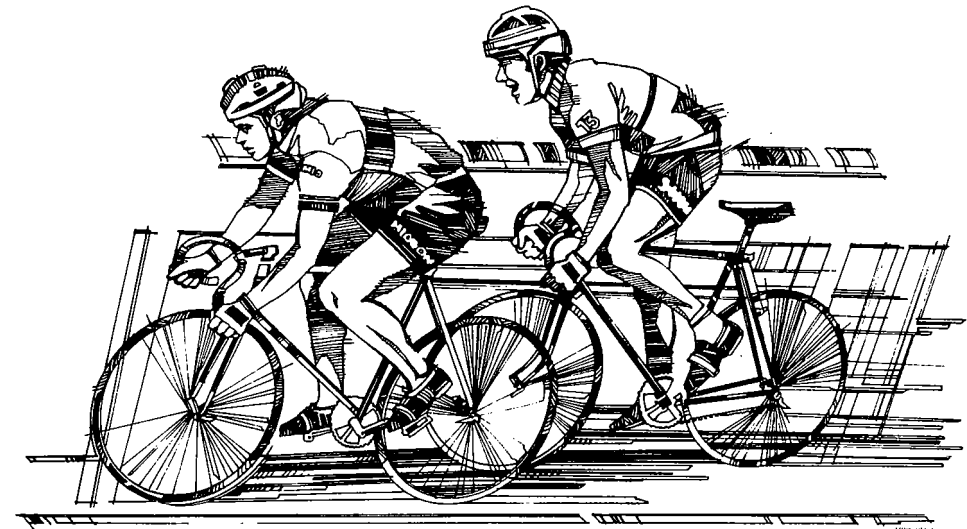
Two issues of BICYCLE USA, the League membership magazine. Informative bicycling articles. Product reviews. Bicycle action information. Health and legal advice. National ride calendar.

Try League membership for two months. It's only three dollars. It's good for you, for your club and for bicycling.

Send application and three dollars to
League of American Wheelmen
6707 Whittestone Road
Suite 209S
Baltimore, MD 21207-4106

This trial membership offer is good through October, 1990. Please allow time for processing.

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Club _____



RACE/ Time Trial Results

	7/31	8/7	8/14
John Calabria	26:24		25:28
Al Clague	24:26	23:37	23:02
Bill Clahn	31:23		
Dave Frye	28:10		25:14
Jody Hensley	26:14	24:48	
Johlene Hess	26:45		
Craig Lowry	24:49	23:12	22:27
Brian Manning	25:02		
Steve Gardner	26:21	24:57	
Tim Wolters	28:03	27:35	26:05
Cindy Dellet		30:57	
Dwight Dellinger		23:17	
Tim Dellelt		24:38	
Rob Rule		25:37	
Mike Neupauer			24:02
	Bridge Out Headwind out	Bridge Out	Headwind Return

OUT OF TOWN RIDES continued

- Sept 22 Bowling Green - General A P Hill Rides.
25,50, 63, 100 miles. Jim Day (804-635-5132)
- Sept 23 Reston Century (rain date 9/30)
Janet Hays (703-860-0112)
- Sept 23 Winchester Century
Mike Perry (703-662-3255)

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 **Time Trials.** Meet at the intersection of route 257 and 738. 10 6:00p.m. 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.

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)

September 29 Valley Wellness Center Triathlon 8 A.M.

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

OUT OF TOWN RIDES

Sept 2 TOUR de VALLEY CENTURY, 102 miles. Waynesboro-Vesuvius-Goshen Pass-Middlebrook & return. Call Rockfish Gap Outfitters (703-943-1461) or the Colman's (703-943-1927)

pt 8 MS Bike Tour 25,50,74 mile loops. Winchester, VA
1-800-451-0373

Sept 8,9 12th Annual Great Peanut National Bicycle Tour & Rides
Emporia Bicycle Club. Bob Wrenn 804-634-2222.

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

Sept 16 The Storming of Thunder Ridge. ALAV & Central VA Bicycle
Club. 25,50, or 75 miles. Lynchburg, VA 804-846-1829 ro call
Jack Foster or ART Fovargue for registration forms.

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

Continued on page 5

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.

BAKED GOODS

That's what we need from all SVBC members and friends for the 8th Annual Shenandoah Valley Century coming on Sept. 9. Now that I have your attention... please take a moment to plan what type of cookies, cake, bread, muffin, etc. you will want to bring to the century. Our ride is noted for its good eats, and your contribution truly helps the club. Bring your baked goody to Shelter #3, Westover Park, the morning of Sept. 9, to Art's hour or to Marcia's apartment (if you don't trust my kids) the day before.

This year looks like we'll have another big turn out, preregistrations are rolling in from around the state. If you are unfamiliar with the century, there are marked routes of 25, 50 75, or 100 miles (or other special combinations) in the valley with food and drink provided at checkpoints. See the registraton form in this newsletter for additional details.

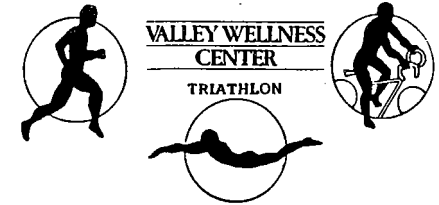
PLEASE NOTE, the chentury is NOT A RACE. Everyone rides at their own pace, and with well over 100 riders there are always others cycling at the same pace as you. For those interested in a fast pace, below are listed the best times recorded:

	MEN	WOMEN
25 miles	2:08 1988 Julian Hickman	2:15 1987 Serena Benson
50 miles	2:44 1989 Chuck Richey	2:58 1985 Judith Trumbell
100 miles	5:31 1989 Craig Mauck	6:51 1987 Sandy Draper

If you can't ride, but can help out the day of the ride, please give me a call.

Volunteers Needed:

Valley Wellness Center Triathlon September 29 8 a.m. Volunteers are needed to help with the Valley Wellness Center Triathlon. Course marshalls, timers, lap counter, etc. Please come out and support this local event. Contact Marcia 432-0419 or VWC 434-6224. Thanks!!



PLACE: VALLEY WELLNESS CENTER
411 Stone Spring Road
Harrisonburg, VA 22801
(703) 434 - 6224

DATE: September 29, 1990 - Saturday

TIME: 8:00 a.m. SHARP (Mandatory Pre-race meeting 7:30 a.m.)

DISTANCE: Swim: 1/2 mile Run: 5K Bike: 15 miles

ENTRY FEE: BEFORE SEPT. 21: \$ 15 VWC Member
\$ 25 VWC Non-member
\$ 30 per team entry
*SEPT. 22 TO RACE DAY: \$ 20 VWC Member
\$ 30 VWC Non-member
\$ 35 per team entry

T - SHIRTS to all entrants
ONLY 150 APPLICANTS WILL BE ACCEPTED
*LATE ENTRIES ARE NOT GUARANTEED A T-SHIRT OR SEEDING

IMPORTANT INFORMATION: Rules, regulations and any updated information will be included in the race packet. Race packet pick-up will be 9/27 & 9/28 at the VALLEY WELLNESS CENTER (12noon - 8 p.m.)
*or- RACE DAY (6 a.m. - 7 a.m.)

AWARDS: Awards will be given to the top 3 overall male and female finishers. In addition, the top 2 finishers in each age group will be given an award. Age group breakdown: 19 & under, 20-29, 30-39, 40-49, 50-59, and 60+. Prizes will be given to the top teams in the following categories: male, female and mixed.

POST RACE CELEBRATION: A post race celebration will be held after the race at the Valley Wellness Center. At this time awards will be presented. Refreshments will be provided for all race participants.

