

An opener
"Excuse me
miss,
permit me
to offer
you some
shade?"

MEMBERSHIP

The SVBC would like to welcome the following new members. We wish you great cycling in the coming months and hope to see you on a ride soon.

Earl Zmijewski & Laurie Hulbert
Steve Strider
Raymond Brown

Harrisonburg
Elkton
Chesapeake

SHENANDOAH VALLEY CENTURY (Sunday - September 8)

Century time is approaching fast; if you have not yet pre-registered there should still be time. Forms are available at area bicycle shops. As last year, the ride leaves from Westover Park in Harrisonburg and the checkpoint this year is in Wildwood Park in Bridgewater. Registration for the 100 mile ride is at 7:00 AM, and for the 25 & 50 mile loops at 9:00 AM. Maps & cue sheets are provided and the roads are marked. You can ride at your own rate, and with the large number of cyclists you can always find someone to match your pace. As always helmets are required.

If you are not planning on riding, we desperately need volunteers to help the day of the ride with registration, checkpoint, sagging and other miscellaneous duties. If you can help all day, or only a couple of hours, please give Art a call (433-9247). A well serviced century is one of our claims to fame and so we don't want to let the participants down. Our other claim to fame is the vast and tasty selection of baked goods provided at the end of the ride. So please pull out your favorite recipe now, and bring your baked contribution to Art's house on Sat, Sept 7, or to Shelter #2, Westover Park, Sun AM.

Pre-registrations are ahead of last year at this point, so it looks like it will be a big year. Tell your friends about the SVC on Sept 8 - the larger the turnout - the more fun for all.

WORKER'S CENTURY

On Labor Day weekend, Monday, Sept 2, we will have the so called Worker's Century. This ride is for those who won't be able to ride the SVC, or anyone else, to mark the roads and check out the route. Again, you can do any distance you want, however there is no support services. If interested, call Art Fovargue or Marcia Lamphier for place and time to meet.

Reddish Knob Ride

Sunday, Aug 5 dawned as a perfect day for a climb up our local L'Alpe d'Huez, Reddish Knob. For those who stayed in bed thinking it was rained out (or used the mist as an excuse), the precipitation was over by the time we reached Dayton. Unfortunately for John Z. who started late, Dave S., Joe S., Bruce B., Bill T., Bernie E., & Art F. took the backroads from Dayton to Briery Branch. So while we were enjoying bananas, sardines and other snacks in the Branch, John, who had taken the direct route from Dayton, was already climbing the Knob trying to catch us. Dave of course made it to the top first, just catching John near the summit. As it was chilly on top, Dave started down, but then returned to the top with Bruce, and later with Art, who made it just as the sun was breaking through; a perfect day for climbing. Per tradition, we regrouped at Hamburger Heaven where (per tradition) David F. met us. This year we then returned to H'burg via Sangerville, with Dave S. heading up the paceline, for a near metric century. Plan to do this ride next year - it's a lot of fun. However, make sure you don't bring a corn cob for gears. It's no fun - ask Bill T.

OTHER RIDES AND CENTURIES

- Sat
Sept 7 The Harvest Rides; 25,50,100 mile loops; MS;
Winchester & Charlottesville, 800-451-0373
- Sept 7 No Baloney Century; 25,50,75,100 miles;
Lebanon Valley Bicycle Club: Call Carol or Matt
Hugg
717-867-4576
- (NOTE: either of the above would be good training for
^{THE} Shenandoah Valley Century, Sept. 8)
- Sat
Sept 14 The 1991 Surry Century Rides;
25,50,75,100 miles, flat to slightly rolling, \$7
(T-Shirt add \$10). Info call Trish Weber (804-
723-1227) or Bill Nuckols (804-826-8313)
- Sun
Sept 15 1991 Trident/AYH Capital City Festival 22 miles, 4000
riders, Washington D.C., \$15 (includes T-shirt &
safety vest). Info call AYH 202-783-0717
- Sun
Sept 15 The Storming of Thunder Ridge; 25,50, or 75 mile loops.
Central Va. Bicycle Club and Am Lung Assoc. of VA;
800-345-LUNG
- Sept 15 The Harvey Hundred; 25,65,100 miles, Mechanicsville to
Tappahannock & return, \$5.50 before 9/7 (\$7.50
thereafter), flat to rolling with a few
challenging hills. Info call Fred Allyn, Richmond
Area Bicycling Assoc., 804-320-3356.
- Sat
Sept 21 Maryland Wine Festival Bike Tour; 10,25 or 50 miles,
Carroll County, \$60 min (fee plus pledge), T-
shirt, wine glass, wine coupons; American Lung
Assoc. of MD, 1-800-492-7527

- Sat
 Sept 28 AP Hill Rides; 25,50,72,100, or 123 rides; Fort Hill/
 Rappahannock Chapter; Jim Day 804-633-5132
- Sat-Sun
 Sept 28-29 AUTUMN COUNTRYSIDE CLASSIC, 150 km, sponsored by
 AYH & Alzheimer's Assoc. \$150 pledge min. Fully
 catered. Poolesville, MD to Little Bennett
 Regional Park (overnight) and return. Info call
 202-783-0717.
- Sat-Sun
 Sept 28-29 AN AUTUMN CYCLING ADVENTURE; 25 or 40 miles; WISP
 Resort in McHenry, MD. \$25 & \$150 min pledges,
 Am. Lung Assoc of MD, 301-990-1207
- Sept 28-29 RAPPAHANNOCK RIVER RALLY CYCLE TOUR, 140 KM. total
 support - food, \$30 + \$150 min pledges, Cystic
 Fibrosis Foundation. 804-355-2464
- Sept 29 BAY COUNTRY CENTURY; 25,50 or 100 miles, rolling to
 hilly, Oxon Hill, MD \$8.00 (25 mi \$4). Info call
 Curtis 301-721-4205
- Oct 11-13 COLONIAL VA BIKE TREK; 50 mi Sat/50 mi Sun; Superb
 meals & service; ALAV, 800-345-LUNG.
- Oct 12 SEA GULL CENTURY AND METRIC, Salisbury State (MD)
 University Cycling Club; 301-548-2772.
- Sun
 Oct 20 ADAMS APPLE RIDE; 25,50,62,100 miles, Gettysburg, PA,
 \$8 (\$10 after 9/15) Info call 717-334-8151
- Nov 9-10 LADIES AWARENESS CYCLING EVENT (L.A.C.E.)
 Rides, networking, education; Fort. Lauderdale,
 FLA;
 Karen Ciampa 301-384-1058 or write to LACE, c/o
 Broward Freewheelers, PO Box 9726, Coral
 Springs, Florida 33075
- West

RIDE CALENDAR - SEPTEMBER INTO OCTOBER

SEPTEMBER 1 Workers' Century OR--->	2 LABOR DAY Workers' Century	3 Time Trials 5:45pm-Dayton	4 Training Ride 6:15pm Cool Breeze	5 Ted's Ride 6:15pm Keezletown E.S.	6	7
8 SVBC Century 8am-100 miles 10am-25, 50 mi. Westover Park	9 Ladies' Ride 6:15-Cool Brz September Mtg. 7pm Hillandale	10 Time Trials 5:45pm-Dayton	11 Training Ride 6:15pm Cool Breeze	12 Ted's Ride 6:15pm Keezletown E.S.	13	14
15 Valley Wellness Center Triathlon	16 Ladies' Ride 6:15pm Cool Breeze	17 Time Trials 5:45pm-Dayton	18 Training Ride 6:15pm Cool Breeze	19	20	21
22 Winchester Wheelmen Century	23 Ladies' Ride 6:15pm Cool Breeze	24 Time Trials 5:45pm-Dayton	25 Training Ride 6:15pm Cool Breeze	26	27	28 Skyline Ride 1:30pm Call Neups
29	30 Ladies' Ride 6:15pm Cool Breeze	OCTOBER 1 Time Trials 5:45pm-Dayton	2 Training Ride 6:15pm Cool Breeze	3	4	5

--Helmets are required for all CLUB rides.--

Workers' Century - call Art (433-9247) for exact date and time or to volunteer on Century day.

September's Meeting will be preceded by a pre-meeting ride at 6pm.

Valley Wellness Center Triathlon - call Marcia (432-0419) for information on volunteering.

Call Neups (434-1878) for information on the Winchester Wheelmen Century and/or his Skyline Ride.

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

If this box is checked, your dues expire this month

Name(s) _____ Phone _____

Address _____
street city state zip

Check type 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

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.

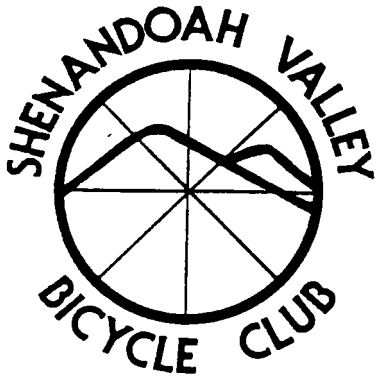
In signing this release for myself, or for the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, and the members, also any others connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or 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



P.O. Box 1014
 Harrisonburg, VA
 22801

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

If this box is checked, your dues have expired, and this is your last newsletter