

OCTOBER NEWSLETTER

SVBC OFFICERS

President: Michael "Neups" Neupauer	434-1878
Vice-President: Jody Hensley	289-5591
Secretary: Steve Strider	289-5135
Treasurer: Marcia Lamphier	289-6712

President's/Editor's Column

I first wish to thank everyone who helped with the Century ride. I especially want to thank Ann and Erin Johnson and Christina Holland for their help to me at the Bridgewater checkpoint. I really needed them. And thanks to Larry Beiler who brought me a strawberry shake after he finished the ride. It really hit the spot!

Remember that our next meeting goes

inside now to the Valley Wellness Center and starts at 7:30pm. We hope to have a speaker on mountain bike riding.

Our next trash pick-up is on the 16th of October. We'll start at 9am at Donnelley's parking lot and finish at Mr. J's. Our last group had a good time with this. Try to help us this time and enjoy the day and food.

NEUPS

SEPTEMBER MEETING MINUTES

September's meeting was held on the 13th at Hillandale Park, the last one at this location for the year, after an exhilarating ride through the countryside west of town on which several energetic souls participated.

Art Fovargue brought refreshments left over from the previous day's Century ride so no one went hungry.

Jody Hensley facilitated the meeting, discussing the change in the Club's constitution and talking about upcoming rides.

Marcia Lamphier gave the treasurer's report of \$778.54 and mentioned the trash cleanup on October 16th, after which participants will again be treated to bagels and cream cheese at Mr. J's.

The weekend's Century ride was discussed-the beautiful weather, number of riders (about 190), the fastest time (5 hours:16 minutes), and what a wonderful time everyone had.

Steve

Blue Ridge Cycle Works, Cool Breeze Cyclery, Mark's Bike Shop and Mole Hill Bikes
all contribute to the cost of the monthly newsletters.

Please support these local shops.

- OCTOBER 16** **Trash pick-up. Meet at Donnelley's parking lot at 9am. Be sure to wear sturdy footgear and bring gloves.**
- OCTOBER 17** **Watermen's Museum Bicycle Ride. Yorktown. 25- and 50 miles. Call Tom Gray at 804-898-8690.**
- OCTOBER 24** **Knotts Island Ride for Life. Hampton. Benefits Leukemia Society. 12-, 25-, and 62-miles. Call 800-866-4483.**
- OCTOBER 30** **Harvest for Humanity, Mt. Zion UMC, Oak Park. Bicycle ride at 1pm. \$35 includes dinner. Varying lengths.**

TIME TRIALS

NAME	20-Jul	27-Jul	3-Aug	10-Aug	17-Aug	24-Aug	31-Aug	7-Sep	14-Sep
Matt Alexander	-	26:35	25:25	-	-	25:38	25:09	-	-
Kevin Arnold	23:50	-	23:27	-	-	-	-	-	-
Sue Arnold	25:02	-	25:36	-	-	-	-	-	-
Larry Beiler	26:49	26:34	-	25:21	25:08	-	24:56	24:54	-
Al Clague	25:02	25:01	24:36	24:21	25:11	24:52	24:29	23:49	24:47
Dave Frye	-	28:13	26:50	-	26:33	26:19	25:48	-	26:25
Art Fovargue	-	-	30:03	-	-	-	-	-	-
Larry Grossman	-	-	26:01	28:20 *	26:28	26:03	26:08	26:51	26:28
Bruce Johnson	-	-	-	-	-	-	-	25:24	-
Dylan Johnson	-	-	-	-	-	-	-	-	-
Garth Kunkle	-	-	-	-	-	-	-	-	-
Kristian Looney	-	-	27:05	-	25:33	-	-	24:50	-
Jeremy Martin	-	-	26:18	-	26:22	26:25	-	-	-
Brent McNett	-	-	27:30	-	-	26:57	-	-	-
Neups	24:12	-	23:55	23:45	23:45	23:37	23:05	23:09	23:44
Bill Taylor	27:27	26:38	26:10	25:41	-	27:08	25:19	-	-
Tim Wolters	-	-	26:53	-	27:42	27:17	26:52	25:49	28:41

* - Mountain Bike

1992 MILEAGES

Tim Wolters	3,656
Neups	3,223
Art Fovargue	2,506

If you have your 1992 total, call Neups to have it listed.
Start gathering your 1993 mileages for inclusion in the newsletter.

DUES

Remember to pay your dues when the date on your mailing label is either highlighted or marked through. The newsletter deadline is the third Monday of each month, so have your check in by that time.

MEMBERSHIPS EXPIRING OCTOBER

Samuel & Margaret Johnson Family
Nancy A. Sheffield

Samuel A. Piercy

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

NAME(S) _____ PHONE _____ / _____

ADDRESS _____
 Street City State Zip

Individual _____ (\$7) Family _____ (\$10) Junior (12-16) _____ (\$4) Associate (non-voting) _____ (\$7)
 NOTE: Membership lasts for one year from month dues are paid.

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	_____

TYPE(S) OF CYCLING

Racing _____ Mountain _____ Recreational _____ Overnight Tours _____ Other (specify) _____

COMMITTEES

Racing _____ Mt. Biking _____ Touring _____ Century _____ Newsletter _____

INSURANCE RELEASE

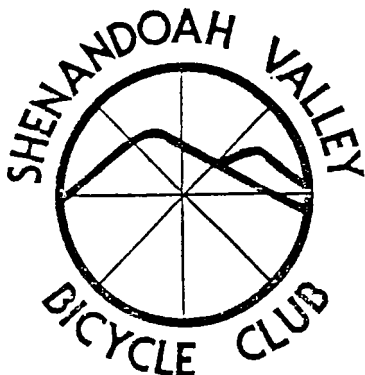
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any others connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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

Member signature _____

Date _____

Signature of parent/guardian (under 18) _____

Return to: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22801



P.O. Box 1014
 Harrisonburg, VA 22801

SVBC SECRETARY
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printed on recycled paper

