



APRIL 1996 NEWSLETTER

SVBC OFFICERS

President: David Knicely	828-3599
Vice-President:	
Secretary: Steve Strider	289-5135
Treasurer: Marcia Lamphier	289-6712

FROM THE SADDLE

If elected your President, I solemnly promise to enhance Fiscal Policy by reducing your tax liability, slicing government expenditures, working to enlarge employment levels.....(oops). Sorry, I got a little carried away with the wrong platform. The Presidential election (that is, the United States' Presidential election) is eight months away; and, I've already had my fill of the double-talk, rhetoric, and empty promises. What do the politicians take us citizens for anyway?!?!?!? It's always the same old dog-and-pony show whenever you deal with Washington politicians at election time. Well, you will not hear me speaking of any promises while being the Shenandoah Valley Bicycle Club's President, because I plan on doing absolutely nothing. That's right, absolutely

nothing at all. Now, now. How many of you were taking me seriously????? On the serious side, the President (that's me) and the other officers are planning to shake up and juggle some things over the next twelve months. Going into this, the other officers and I are willing to accept the responsibility that approximately 20% of the changes will be embraced as magnificent ideas, whereas the remaining 80% will be declared as dumb, if not downright stupid, ideas. But, even if one of the new and innovative ideas catch on, the club's members will be the benefactors. Don't quit reading just yet, because you have a part in these new plans/ideas, too. You must, as a member of the Club, take the responsibility to let the Club's officers know your feelings about the administration of the Club. If

you do not speak up, we'll be forced to secretly place a transmitter into your cyclocomputer, recording your every conversation while riding this summer. If we do not discover how you feel about the changes that way, at least we'll likely turn up some blackmail material to increase the Club's Treasury, so the officers can take a bike trip towell, somewhere.

In my upcoming "From the Saddle" articles, I'll be writing about new ideas and plans that the officers have in mind for the Club. I'll also convey other club and cycling issues that should be known by Club members.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

April 8

**6pm
7:30pm**

Pre-meeting ride starting at the Valley Wellness Center.
Official meeting at the Valley Wellness Center, 2nd floor.

Mark's Bike Shop, Blue Ridge CycleWorks, and Mole Hill Bikes

all contribute to the cost of the monthly newsletters.

Please support these local shops.

WELCOME NEW MEMBERS

Brian Ailles

Charlottesville

WELCOME BACK RETURNING MEMBERS

Brian Bauer & Debbie Warnaar Family

Elkton

Bill Taylor

Harrisonburg

Thanks to all the above for your continued support of the Club.

Editor's Column

Some of you may have been under the impression from my last column that Bill and Matt are the only ones who like to torture me on the mountain bike. Rest assured that that is not the case. Others have treated me just as severely. ☺

Anyway, how is it going? It sure has been a tough and cold start of the year. I've wimped out too many times on rides this year. What I hate is that when I actually did ride, I found that I really could

take the cold. Mind you, I didn't totally enjoy it, but I could handle it.

One last note for those of you who do not already know - I've submitted my resignation at work in order to get ready for some riding, specifically the Assault on Mt. Mitchell. Therefore, I will be able to ride during the day. If anyone wants to join me, give me a call.

Neups

14th Annual Century

The Fourteenth Annual Shenandoah Valley Century is scheduled for Sunday, September 8, 1996. Shelters are already reserved in Hillandale Park, and in order to get a jump on planning and publicity, we'll hold our first planning meeting on April 15 at 7:30 PM at Art's abode. We'll try to finalize the brochure and other advertising material as well as some general long-range planning. Help is needed in the months before the ride and the day of the ride - so if you have some time to help out your club, please come. All are welcome. Call Art (433-9247) if you need directions, or if you want to help in any way but cannot make it. Thanks.

TIDBITS

The American Cancer Society will be sponsoring the Cycle For Life ride on Saturday, September 21 this year. As always, help is always needed and appreciated. If you can help with pre-ride planning (route selection, registrations) or with the activities that day (sag, mechanic), please call Neups at 434-1878. Thanks.

ROADS TO AVOID UPDATE

As you are fully aware, unless you are Rip Van Winkle of the Kaatskill, Ol' man Winter and Jack Frost jumped on the Shenandoah Valley with both sets of feet this past Winter. By the time January ended, everyone was talking about the Blizzard of 1996 and the Flood of 1996. As a result of that harsh weather, some of the smooth familiar roads that we knew last Spring, Summer, and Autumn have changed their appearance (i.e. disfiguring craters, rocks, gullies and the lot). This Dr. Jekyll and Mr. Hyde act has, and will, create problems.....need I say more. To assist you in returning to the Shenandoah Valley roadways, the Shenandoah Valley Bicycle Club will (if you help us) report "Roads to Avoid" for the next couple of months:

Route 738 Dry River Road, Bridgewater
Route 693 North River behind Mt Crawford
Route 910 Garbers Church Road

Please call any of the officers to report any "roads to avoid."

KNICELY

CLASSIFIEDS

FOR SALE: Cannondale Road Tandem - 21"/19" with all the goodies and fewer than 500 miles. Like new. Cost upwards of \$3,000. Will take \$1,800. Call Randy Porter at (540) 885-9671.

FOR SALE: Two bike roof racks. A bit aged with a bit of iron oxide, but still functional for that second car, or where cosmetics don't matter.

#1 - Barrecrafters Spoke Tote (BR-20) - Was last on a '72 Capri (was necessary for structural integrity of auto). Connects to rain gutters (remember those?).

#2 - Convert-A-Porter (No. 1002) - Was last on a '76 Datsun hatchback. Connected to an inverted rain gutter (designed to keep water on road from splashing your roof - never caught on).

Both carry two bicycles. Best offer or for-the-taking (before I'm forced to throw 'em out). Call Art Fovargue (433-9247)

TIME TRIALS OF 1996

On your marks,.....get set,.....GO!!!!!! Can you hear the enthusiastic crowds cheering you on, as you push yourself to new and incredible speeds, racing against the clock for 10 miles? YES, it's that time of year again - TIME TRIALS ("TT"). What was your fastest TT last year? Oops, that's a very personal question, but maybe you're very proud of your time trialing effort last year (or the year before). Looking over the newsletters of the past thirteen years, the Club's TT have had great turnouts.....as many as twenty-five rides on one TT evening (what an uplifting party!). Yet, over the last two years, the number of TT riders has flatted. Nevertheless, let's go for the records.....Sue Rippy's at 25:04 and Bill McCarrick's at 20:57.

The first SVBC sponsored 10-mile TT of the season will take place on Tuesday, April 16th, 1996 at 5:45pm. I will be there to greet you, give you support (encouragement, I'm not going to sag for you too.), and keep your time. The Club is presently working on recruiting people as time-keepers this year. Once we set the schedule, you will be informed, by way of the newsletter, which Tuesdays will have a Club representative keeping time. So, if you are reading this and are not a member of the SVBC, you may want to join to keep up with the schedule and other Club activities.

KNICELY

APRIL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 9am-Spring Training Ride
7 Easter Sunday Daylight Savings Time Begins	8-6pm-Pre-Mtg. Ride-VWC 7:30pm-Monthly Meeting-Valley Wellness Center	9	10 6pm-Training Ride Meet at Blue Ridge Cycle Works	11 6pm-Keezletown Ride-Keezletown Elementary School	12	13 9:30am-Trash Pickup. Penn Laird Post Office
14 12 Noon-Marcia's Ride-McGaheysville Post Office	15	16 5:45pm-Time Trials Dayton-Rts. 257 & 738	17 6pm-Training Ride Meet at Blue Ridge Cycle Works	18 6pm-Keezletown Ride-Keezletown Elementary School	19	20 9am-Spring Training Ride
21	22	23 5:45pm-Time Trials Dayton-Rts. 257 & 738	24 6pm-Training Ride Meet at Blue Ridge Cycle Works	25 6pm-Keezletown Ride-Keezletown Elementary School	26	27 1:30pm-Impromptu Ride Waterman Elementary School
28	29	30 5:45pm-Time Trials Dayton-Rts. 257 & 738	31 6pm-Training Ride Meet at Blue Ridge Cycle Works			

Helmets are required on all club rides.

SCHEDULE OF EVENTS

SATURDAYS	1:30pm. Impromptu ride starting at Waterman Elementary School.
Saturdays	2pm. Freestyle Ride Session, Mark's Bike Shop. Call 434-5151 for more information.
APRIL 6	9:00 a.m. Spring Training Ride. Length to be 2 1/2 to 3 hours at an A/B pace. Location and course to be determined. Call Bill Taylor at 433-7154 for details.
APRIL 13	Trash pick-up. 9:30am at the Penn Laird Post Office. Call David Knicely for information.
APRIL 14	12 Noon. Marcia's Ride. 25 miles. Meet at McGaheysville Post Office (Rt. 996).
APRIL 15	Century Planning Meeting. 7:30pm. Art Fovargue's house.
April 13-18	Florida Bicycle Safari. 400 miles. Call 407-788-3446 for more information.
APRIL 20	9:00 a.m. Spring Training Ride. Length to be 2 1/2 to 3 hours at an A/B pace. Location and course to be determined. Call Bill Taylor at 433-7154 for details.
April 27	Spring Spokes. Mechanicsburg, PA. Benefits Parents Anonymous. Road or Mountain bike ride. Call 717-761-4567 for more information.
April 27-28	Tour De Blount. Louisville, TN.
May 4	Fignana Fun ride of Virginia. Blue Ridge Parkway, Naola, VA. 15 to 75 miles. Call 804-385-7213 for more information.
May 4	Southern Maryland May Metric. Oxon Hill, MD. Rain date May 5.
May 11	Shenandoah Valley Amateur Bicycle Race. 9am. Front Royal.
May 19	Thunder Ridge Challenge. Lynchburg. A 100K race that climbs to almost 4,000 feet on the Blue Ridge Parkway. Registration begins at 8am. The race begins at 9am. Call 804-947-3456.
May 19	Heart of Virginia Bike Festival. Boonsboro Shopping Center. Call 804-947-3456 for more information.
May 20-24	Bike to Work Week
June 1	National Trails Day.
June 1 & 2	Race for Freedom, Southside Speedway near Richmond. To help fight hunger and homelessness. Call 804-788-3907 for more information.
September 21	Cycle For Life. American Cancer Society. Purcell Park. Registration opens 6am. Call 434-3360 for more information.

For more information on any of the above, call Neups (434-1878).

1995 MILEAGES

Art Fovargue	2,515
David Knicely	3,330
Marcia Lamphier	5,895
Stin Lenkerd	2,090
Brent & Judie McNett	1,600 on tandem
Neups	5,001

If you have your 1995 total, call Neups (434-1878) to have it listed.

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 April/May

<u>Steve Hale</u>	<u>Kent Holland Family</u>	<u>Dick & Lois Wettstone</u>
Ron Helmuth Family	Jody Hensley	Mike Wenger