



AUGUST 1996 NEWSLETTER

SVBC OFFICERS

President: David Knicely	828-3599
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Steve Strider	289-5135
Treasurer: Marcia Lamphier	289-6712

FROM THE SADDLE

Since we are now in mid-cycling season, how is your cycling going? Are those pedals getting easier to spin? Are you meeting your cycling goals? I hope that the presence of the Shenandoah Valley Bicycle Club has served and met your needs so far this season. The Club has been sponsoring various paced mountain bike and road rides this year, and some of you have joined other members during these Club-sponsored rides. A BIG thanks goes out to Bill Taylor, Ride Coordinator, and his committee (i.e. ride leaders) - Marcia, Matt, and Neups. More Club-sponsored rides are planned in the coming months. If you have not joined any of the past rides, try to make it to one of the next ones.

On a larger scale, there will be a plethora of bike festivals/centuries for the rest of the season, including the Chamber's festival in July and the Club's Century in September. I hope that many of you will be participating in these local events. For those of you that will be traveling to other areas to ride, you

might consider contacting other club members or the officers about your plans. Who knows, someone else just might want to drive their vehicle.

As many of the Club members know, during the weekday I wear starched white shirts, fancy ties, and business suits. Yet, once the five o'clock whistle sounds, I metamorphose into a Lacra-covered cyclist and the SVBC president. During my daily stint in my suit and tie, I'm employed as a financial/business analyst. In other words, I gather and examine raw business, economic, and financial data. Then I prepare and construct comprehensive reports regarding my views and findings. To make the raw data easier to understand and make my points, I develop various charts and graphs, which are attached to my reports. Attached to this newsletter is a graph illustrating the number of memberships outstanding since the Club was founded in 1983. As you can see by this graph, the number of memberships have been steadily

dropping since 1988. Surprisingly, that downward shift moves in the opposite direction of number of bikes sold. Bike sales have been increasing at a rate of 16.7% annually since 1990. In executive committee meetings, we have been asking ourselves, "what does this mean?" In an effort to reverse this trend, the executive committee established Club goals, which have been discussed in past newsletters. Since annual membership dues cover the costs of our monthly newsletter, major ongoing expenditures, and special events, the more members the Club supports, the better the financial position of the Club. If you are reading this and are not a member of the SVBC, you may want to join the Club to keep up with other Club activities and financially support your local cycling club.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

August 12 **6:00pm**
 7:30pm
August 21 **7:30pm**

Pre-meeting ride starting at Hillendale Park, Shelter #1.
 Official meeting at Hillendale Park, Shelter #1.
 Century meeting at David Knicely's house.

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.

JULY MEETING MINUTES

Your Club's annual summer picnic and monthly meeting was to begin at Hillandale Park at 5:30pm with a pre-meeting ride. However, the cool, rainy weather kept everyone off their bikes. By the time 6:30 arrived, the non-riding group increased to twelve hungry picnickers. I wish to thank everyone who furnished the great-tasting food. While feasting, Bill McAnulty, Chairman of this year's Bicycle Festival, handed out T-shirts to the volunteers who will be leading rides in this year's 5th annual event on July 26, 27, and 28. All the volunteers will wear mint green T-shirts, except Bob McGovern-Waite, who's shirt is, believe it or not, hot pink. (Please feel free to ask Bob why he is wearing a pink shirt when you see him.)

David began the official meeting around 7:00pm. The guest speakers failed to show for the rainy-day meeting. He'll persuade them to speak at another meeting. The meeting turned to cycling issues and upcoming Club events, including Marcia's Treasurer's report of \$641.48, announcement of the special meeting of the membership at August's regular meeting, and the administration meeting held on July 1, 1996. The floor was turned over to Art, who updated those in attendance regarding the July 1st century meeting. The meeting addressed particulars for the 14th Annual Century that will be held on September 8th. The Century Committee needs your help and baked goods to make this year's event operate smoothly for our friends and guests.

In concluding the meeting at 7:35 p.m., David recommended that each of us consider leading rides for our fellow friends and cyclists.

Knically

WELCOME BACK RETURNING MEMBERS

Ellen Harrison
Alice Stecker

Keezletown
Harrisonburg

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

SVBC ACTIVITY COORDINATORS

<u>Century</u>	Art Fovargue	433-9247	<u>Newsletter</u>	Neups	434-1878
<u>Rides</u>	Bill Taylor	433-7154	<u>Time Trial</u>	David Knically	828-3599

EDITOR'S COLUMN

Some of you may already know, and sorry for blowing my own horn a little bit here, but I won the Virginia Commonwealth Games road race on July 12th. It was run on the Blue Ridge Parkway starting around Vinton, just outside Roanoke. I write this more to say thank you to those who have helped me in that quest: David Knically for timing on Tuesday nights so I can measure my progress, the Thursday night Keezletown ride riders for keeping things shaking, Matt Madden and Bill Taylor for running some good training rides

throughout the year, and also Al Clague and Mark Eckroth for doing some great rides with me.

Another partner, if you will, in my endeavor was my massage therapist, Michael Gwin. He's been working on my legs ever since I went down at the Waynesboro Century last September. Without him loosening me up each week, I don't think I would have been able to push all the miles I have been this year. I'm ever grateful to all the above and hope that I may have many more miles with each of you in the future.

Neups

CLASSIFIEDS

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)

FOR SALE: 1) Nishiki Modulus - 56 cm - 12 speed - 105 groupo - Look pedals - Good condition - \$200.

2) Giant Iguana - 18" - Alivio groupo - New 95' - \$350.

3) Specialized Rockhopper Ultra - 17" - 21 speed - STX and Alivio groupo - Like new - never ridden - \$350.

4) Trek 1000 Aluminum - 54 cm - Blaze groupo - good trainer or beginners bike - \$150.

Call Brian - 433-4977 - or - 1-800-972-5234 on any or all of the four above items.

FOR SALE: Look PP136 Pedals with ARC Cleats - Brand New - Never Used - \$75. Call Marc Stecker at 433-2711 during work hours.

WANNABES

A week or so ago, my oldest son, Patrick, was asking me about the "Wannabe Rides" that I've been leading for the last three months. After hearing about the rides, he asked if he and I could lead one of the rides. I told him that that would be a great idea. On Sunday, August 4th, Patrick (age 10) and I will lead a "Family Wannabe Ride" in the Bridgewater area starting at 1:00pm. After the 10 - 12 mile ride, we will cool down by eating watermelon. A regular "Wannabe Ride" will be on August 18 at 1:00pm. Once again, if you are you a rider (10 to 12 mph) who would like to become smoother, faster, and/or more efficient, then this is the ride for you. These rides are learning/training rides, but also FUN rides and at no time will anyone be dropped. So come out, train, and learn with me. I promise that everyone will learn at least one new way to improve his/her cycling skills. Call me at 828-3599 for more information, like starting point.

Knically

TIME TRIALS

For August, a Club representative will be present on the 1st and 3rd Tuesday of the month. The following are the results of the recent time trials:

July 2

Neups	23:23
Bill Taylor	25:50
Mark Eckroth	26:00
Bob McGovern-Waite	28:02

July 16

Neups	22:57
Matt Madden	24:01
Al Clague	24:30
Bob McGovern-Waite	26:51
Bill Taylor	27:07

AUGUST CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6pm-Keezletown Ride-Keezletown Elementary School	2	3 9am-35 miles, B-pace. Meet Montevideo Middle School
4 1pm Family Wannabe Ride Call David for details, 828-3599	5 6pm Casual Ride Blue Ridge Cycle	6 5:45pm-Time Trials Dayton-Rts. 257 & 738	7 5:15pm-B Ride First Union Bank 6pm-Training Ride Blue Ridge Cycle	8 6pm-Keezletown Ride-Keezletown Elementary School	9	10 7am-50 miles, A-pace. Call Bill Taylor at 433-7154
11	12 6pm-Pre-Meeting Ride-Hillandale 7:30pm-Meeting Hillandale #1	13 5:45pm-Time Trials Dayton-Rts. 257 & 738	14 5:15pm-B Ride First Union Bank 6pm-Training Ride Blue Ridge Cycle	15 6pm-Keezletown Ride-Keezletown Elementary School	16	17
18 1pm Wannabe Ride Call David for details, 828-3599	19 6pm Casual Ride Blue Ridge Cycle	20 5:45pm-Time Trials Dayton-Rts. 257 & 738	21 5:15pm-B Ride First Union Bank 6pm-Training Ride Blue Ridge Cycle	22 6pm-Keezletown Ride-Keezletown Elementary School	23	24 10am-Ice Cream Rides. Kline's Dairy Bar
25	26 6pm Casual Ride Blue Ridge Cycle	27 5:45pm-Time Trials Dayton-Rts. 257 & 738	28 5:15pm-B Ride First Union Bank 6pm-Training Ride Blue Ridge Cycle	29 6pm-Keezletown Ride-Keezletown Elementary School	30	31 Mountain Bike ride. Call Matt for details, 574-6062

Helmets are required on all club rides.

SCHEDULE OF EVENTS

- Mondays** 6:00pm sharp! 10-12 mile, very casual ride. Blue Ridge CycleWorks. Call 432-0280 for further details.
- Tuesdays** 3:30pm. Women's Ride. Two to four hours. Beginners welcome. Meet at Mark's Bike Shop. Call Erin at 433-3437 for more information.
- Tuesdays** Keezlenut Ride. Beginner to moderately advanced Mountain Bike ride. 6:00pm. Meet at blue house on Rt. 758 (approximately two miles north of Keezletown off Rt. 620). Call 269-4602 or 432-0280 for more details.
- WEDNESDAYS** **5:15pm. 1 1/2 hours at a B-pace. Meet at First Union Bank parking lot at the corner of Mason and Main streets. Call Marcia at 289-6712 for more information.**
- July 28-Aug 2 Moose Tour. 6-day Maine bicycle adventure. Call 207-743-2577 for more information.
- August 3** **9:00am, 35 miles at a B-pace. Meet at Montevideo Middle School. For more information call Marcia at 289-6712.**
- August 4** **Family Wannabe Ride. 1pm. Call David at 828-3599 for more information.**
- August 10** **7:00am, 50 miles at an A-pace. Call Bill at 433-7154 for information.**
- August 10 Greater Roanoke Valley Biathlon. 4 1/2 mile run, 20-mile bike. Contact Billie Abshire, 540-343-7632.
- August 11-17 Wheeling Washington III.
- August 18** **Wannabe Ride. 1pm. Call David at 828-3599 for more information.**
- August 24** **Ice Cream Rides. 10am. Kline's Dairy Bar. B-pace ride led by Neups, 30 miles. C-pace ride led by Knicely, 20+ miles. Both to finish at noon. Bring some money to treat yourself to some ice cream, or lunch at the new Smokin' Pig right next door. Call Neups for more information, 434-1878.**
- August 31** **Mountain Bike ride. Potential for camping if there is enough interest. Call Matt at 574-6062 for details.**
- August 31-Sept. 2 Tour of the C&O Canal. Atlantic Cycling. Call Neups for more information.
- September 15 Lake Anna Century, Richmond.
- September 15 Tour of the Maryland Eastern Shore. Atlantic Cycling. Call Neups for more information.

September 8	14th Annual Shenandoah Valley Century.
Sept. 16 - Nov. 2	Southern Cross Bicycle Classic. Disneyland (CA) to Disney World (FL).
September 21	Cycle For Life. American Cancer Society. Purcell Park. Registration opens 6am. Call 434-3360 for more information.
September 21	Maryland Wine Festival Bike Tour. Benefits American Lung Association.
September 22	Reston Century. Includes 200-km, 100-miles, 100-km, 50-miles, and a 26-mile ride. Pre-register and get a T-shirt. Call 703-904-0900 for more information.
September 28	Adams Apple Ride. Sixth Annual. Rain date on the 29 th . 25-, 50-, and 100-mile rides out of Gettysburg, PA. Call (717) 334-8151 for more information.
October 6	Artie Levin Century, Roanoke, VA. 8:00 a.m. Contact Hank Ebert, 6016 Burnham Road, Roanoke, VA 24018. Telephone 540-772-3343. A very challenging 100 miler (with a tough mountain 70 miles into the ride). Will also have a metric century option. The 100 has three rest/food stops and is sagged. The metric has two rest stops and is also sagged. The route begins/ends at Salem's Longwood Park and passes through scenic Roanoke, Montgomery, Craig and Botetourt Counties.
October 13	Fabulous Fat Tire Fall Foliage Festival. Atlantic Cycling. Call Neups for more information.
October 18-20	29 th Hilly Hundred Tour. Indianapolis, IN. Call (317) 257-5607 for more information.
October 25-27	Bike Virginia Fall Festival Weekend.
October 26	Frederick County Fall Classic. Atlantic Cycling. Call Neups for more information.

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 before then.

MEMBERSHIPS EXPIRING August/September

<u>L.B. & Ibbey Branner</u>	<u>Sandy Brownscombe</u>	<u>David Frye</u>
Al Clague Family	Sylvia DeVita	Bill McAnulty
Brent & Judie McNett	Tim Miller	Jim & Charlene Mitchell
Zack Perdue	Perry Temple	Charlynn Turner
John Zban		

