

AUGUST 1997 NEWSLETTER

SVBC OFFICERS

President: David Knicely	828-3599
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Matt Madden	574-6062
Treasurer: Marcia Lamphier	289-6712

FROM THE SADDLE

In early May, Marcia asked if I was interested in being a course marshal during the NORBA World Cup/Grundig downhill and dual slalom races that were going to be held at Massanutten on July fourth, fifth, and sixth. The World Cup events at Massanutten were going to be the fifth of six scheduled world events. Previous World Cup races were being held in Cape Town, South Africa; Nevegal, Italy; Sierra Nevada, Spain; and Mt. Saint Anne, Canada. World class, professional teams and cyclists were invited to the downhill and dual slalom events.

When Marcia asked me to help, I knew very little about NORBA, World Cup, or Grundig other than a few names - Giove, Tomac, Rockwell, Donovan and, of course, Palmer. I said yes, hesitantly, thinking it might be fun for a day (i.e., Fourth of July). Well, I arrived on "The Mountain" Thursday evening for a cookout at Tom Mayer's house and did not leave "The Mountain" until after midnight on Sunday night after the riders' party. Read between the lines and you can tell that I had one heck of a great time. I learned about mountain bike racing, met a few of the cyclists, took great pictures, and unknowingly had a two-hour

talk with mountain bike designer and racing guru - Mert Lawwell.

For a brief history lesson, NORBA (National Off-Road Bicycle Association) is the oldest and largest national association of competitive mountain bikers. A member association of USA Cycling, the national governing body for competitive cycling in the U.S., NORBA is the choice for maintain bikers of all ages and abilities. Ever-expanding growth has marked its history since its 1983 chartering in Marion California with 112 members. Today more than 34,000 members, 600 local and regional clubs, and more than 900 annual events make NORBA the largest such association in the country. One of the 1997 National Championship Series sponsors is Grundig German Electronics. Grundig has been the title sponsor of the UCI Mountain Bike World Cup since 1991. Grundig has been one of the largest direct sponsors of the UCI and is the driving force behind international development of mountain-bike racing. Other sponsors include Jeep, GT Bikes, Reebok, and VeloNews.

According to Larry Grossman, the lift operator, who loaded and had the opportunity to talk to most of the cyclists during the downhill

event and practice runs, the event really started on July 2, when the teams began to arrive. On July 4, I was a course marshal at the top of the last technical drop before the ski slopes. Many of the riders stopped on this day to examine the layout of the course and pick lines for the technical drop before the ski slopes. At this great perch, I talked to Mert and other racers. The day ended with the Barbecue and Fourth of July Party, music by Daily Planet, and fireworks. I have many stories from that day....just ask me... or ask to see my pictures. The mountain exploded with people for the World Cup Downhill Semi-Finals on Saturday and the Finals on Sunday. It appeared that most everyone had a great time participating and watching the ESPN-broadcast races. My weekend ended great, seeing Missy and Sari Jorgensen at the riders' party on Sunday night.

I'm glad that Marcia asked me to help and that I participated in the event. We'll devote the next monthly meeting, held at Luigi's, to telling stories and looking at pictures of the World Cup/Grundig Race. So bring pictures and stories to the next meeting.

Until next time, keep those pedals spinning.

Knicely

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.
(Also underwritten by R.R. Donnelley & Sons Company)

UPCOMING MEETINGS

August 11 **6:00pm** Pre-meeting ride starting at **Luigi's**.
 7:30pm Monthly meeting at **Luigi's**.

MEETING MINUTES

Our club's annual summer picnic and monthly meeting began at Hillandale Park at 5:30pm with a pre-meeting ride. Nine cyclists enjoyed a leisurely 12-mile bike ride through the Dayton/Belmont area. As always, there was good conversation and fun. By the time the ride ended at 6:30, everyone appeared to have built up a hearty appetite. The size of the gathering increased to fourteen members for the picnic. Many thanks to those who furnished the great-tasting food.

David began the official meeting around 7:11 by discussing upcoming Club events and newly received literature. The cycling issues and upcoming Club events included Marcia's Treasurer's report (\$766.82), the two Valley Wellness Center Rides on July 19 at 9:00a.m., details on the Chamber of Commerce's bicycle festival on July 25, 26, and 28, and information on the number of members, 53 members as of June

1997, and growing. Since Art was not in attendance, David briefly covered issues that were discussed in the two Century meetings. Those meetings addressed particulars for the 15th Annual Century that will be held on September 14th. The Century Committee needs your help and your baked goods to make this year's event operate smoothly for our friends and guests.

In concluding the meeting at 7:20 p.m., David recommended that each of us consider leading rides for our fellow friends and cyclists. The next meeting will return to Luigi's on August 11th, with a pre-meeting ride at 6:00pm. The theme for the meeting will be the World Cup Downhill held at Massanutten on July 4, 5, & 6. Bring your pictures and stories to share with the group.

Knically

WELCOME NEW MEMBERS

Sharon Babcock	Bridgewater
Leonard Clymer	McGaheysville
Dan Finseth	Bridgewater
Rev. Timothy Strock Family	Weyers Cave

WELCOME BACK RETURNING MEMBERS

Eula Eppard	Harrisonburg
David Knically	Bridgewater

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

PERSPECTIVES

I don't often drive my car on the routes I take on my bicycle, but I needed to get into the "country" the other day and had to take the car. The difference in perspectives is amazing! On the bicycle almost any speed was doable, but I noticed the almost complete lack of lines of sight while driving my car. And when

did some of these turns get so sharp? Be sure to keep this difference in mind while riding those roads. Let's be careful out there. Wear bright colors and your helmet. And ride defensively.

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 at 433-9247.

FOR SALE: 1) Serotta T-Max Mountain Bike with XT group - 20 1/2" - \$550.
2) Hiking Boot Gators - \$5.
3) Bike rack, hatchback design. Holds two bikes with fork mount. \$15.

Call Marc Stecker at 269-8903 for any or all of the three above items.

FOR SALE: Yakima Bike Rack. Accommodates both short and long roofs, holds two bikes, \$100. Call Bill at 433-7154.

FOR SALE: North Face Sleeping Bag. Size - Long, fits to 6'-5". Temperature - minus 5°F. Weight - 4 pounds. \$150. Call Larry Grossman at (540) 289-6739. Tested at Gorak Ship, base camp for Everest!

FOR SALE: 52cm Basso Loto, full SLX, Mavic brakes and wheels, Campagnolo index shifting, \$675. Call Mark Eckroth at 234-0511.

FOR SALE: 1) North Face Dragonfly Tent. Three season. 4 lbs. New. American made. \$175.
2) Lowe Sonoma Internal Frame Backpack. Ladderback suspension. 4,000 cu. In. \$100.

Call David Knicely at 828-3599 for any or all of the two above items.

FOR SALE: Schwinn Circuit road/street bike. Red, 56cm, Sante components (you can eat off of), like new condition. \$350 firm. Serious inquires only, please! Call 564-0211 and ask for Brian.

WANNABES

Are you a C-pace rider (10 to 12 mph) who would like to become faster, smoother, and/or more efficient but you're not really sure how to accomplish your goals? Then come out and join me on my rides. Together, we will work, train, and have a good time on our bikes and, hopefully, helping you meet your cycling goals. We will talk about some of the ways that may improve your riding skills and your speed - techniques that have worked for me and that I continue to use. We will share with each other our experiences and help each other to become better riders. The rides will start at a C-pace with a distance of about 10-15 miles. Periodically, during each ride, the speed will be increased for a short time. At later rides, the speed and/or distance will gradually increase (along with a more challenging terrain) based on the needs of the group. 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 your cycling skills. Call me at 828-3599 for more information, like starting point.

Knicely

TIME TRIALS

For August, a Club representative will be present on the **3rd** and **4th** Tuesdays of the month.

AUGUST CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 6pm Casual Ride Blue Ridge Cycle	5	6 5:15pm-B Ride First Union Bank	7 6pm-Keezletown Ride-Keezletown Elementary School	8	9
10	11 6pm-Premeeting Ride - Luigi's 7:30pm-Monthly Meeting - Luigi's	12	13 5:15pm-B Ride First Union Bank	14 6pm-Keezletown Ride-Keezletown Elementary School	15	16 8am-Breakfast Ride First Union Bank 30-mile ride Call Marcia
17	18 6pm Casual Ride Blue Ridge Cycle	19 5:45pm-Time Trials Dayton-Rts. 257 & 738	20 5:15pm-B Ride First Union Bank	21 6pm-Keezletown Ride-Keezletown Elementary School	22	23 9am-Ice Cream Ride. A and B rides. Meet at Kline's Dairy Bar.
24 7am SHARP 100 miles - Call Matt for info 574-6062	25 6pm Casual Ride Blue Ridge Cycle	26 5:45pm-Time Trials Dayton-Rts. 257 & 738	27 5:15pm-B Ride First Union Bank	28 6pm-Keezletown Ride-Keezletown Elementary School	29	30
31 Waynesboro Century						

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** **5:45pm Time Trials in Montezuma.**
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 W. Market Streets. Call Marcia at 289-6712 for more information.**
- THURSDAYS** **6pm Road Ride at Keezletown Elementary School. Fast and furious.**
Saturdays 2:30pm Women's Ride starting from Blue Ridge Cycle Works. All ages and abilities encouraged to join. Call 434-6049 for details.
- August 1-8 5th Annual MOOSA Tour. Cycle in Maine and southeastern Quebec. Call 207-743-9018 for more information.
- August 16** **Breakfast ride. Meet at 8am at First Union Bank (corner of Market & Mason Sts.) for a 30-mile ride with a breakfast stop at the Dayton Farmer's Market. Call Marcia for more information (289-6712 home, 564-5299 work).**
- August 9 RiverFest '97. Capon Bridge, WV. 25-mile ride, live music, crafts. Call Mike Perry at (540) 877-1795 for more information.

August 10-16	Lighthouse Tour. Cycle the rim of the Bay of Fundy, Maine. Call 207-743-9018 for more information.
August 23	Ice Cream ride. 9am this year, starting at Kline's Dairy Bar. We'll have an A-paced and a B-paced ride. We had a great turnout last year. Don't miss it this year!
August 24	7am SHARP. 100 miles, including Reddish Knob and Massanutten Mountain climbs. Meet at the Wilbur Pence Middle School. Call Matt at 574-6062 if weather is questionable or for more information.
August 23	Hotter 'n Hell Hundred. Wichita Falls, TX. Call Neups for more information.
August 30-31	Wheeling Around Corn Country. Bloomington, IL. Call Neups for more information.
August 30 - Sept. 1	Bicycle Across Missouri. 576 miles in 63 hours. Call Neups for more information.
August 31	Tour de Valley Century. Waynesboro. Don't miss this one. A great warm-up ride for our own century two weeks later. Call Neups for more information.
August 31	Bay Country Century. Annapolis, MD. Four new routes of 25-, 50-, 62-, and 100-miles. Call Neups for more information.
September 4-7	Great Peanut Bicycle Tour & Rides. Emporia. Call 1-800-449-2453 before 9pm for more information.
September 5-8	Tour de Towpath, PPTC, Mike High
September 14	Shenandoah Valley Bicycle Club Century! Call Art to help out.
September 20	Rappahannock RoughRide. Warrenton, VA. 10- and 32-mile paved courses. 25-mile paved and unpaved. Benefits the Fauquier Free Clinic. Call (540) 347-0394 for more information.
September 21	Reston Century. Call 703-904-0900 for more information.
September 21	PPTC Century, Potomac Pedalers Touring Club, 202-363-8687.
September 27	Adams Apple Bike Ride, Gettysburg, PA. 25-, 50-, and 100-miles. Call 717-334-8151 for more information.

DUES

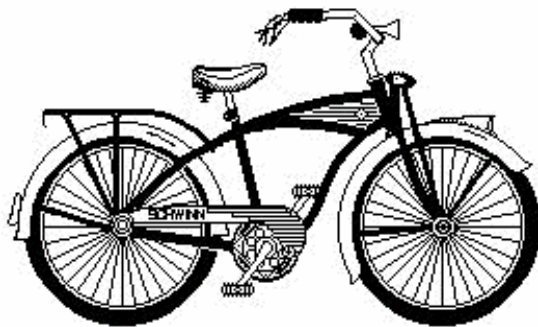
Remember to pay your dues when the date on your mailing label is either highlighted or marked through. The newsletter deadline is the third Monday of each month, so have your check in before then.

MEMBERSHIPS EXPIRING September

Ellen Harrison

Alice Stecker

REMEMBER that the Newsletter is available for delivery via e-mail, fax, or regular mail. The same can be said for articles submitted for the Newsletter. The deadline for articles is the second to last Monday of the month. Just e-mail to Neups at neups@shentel.net or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.



This just in:

Judith and Brent Trumbo just had child! A boy, Cody, on Friday, July 18th. Mom, dad, and baby are just fine. Mom was even seen starting to run on Tuesday, July 22nd. What a diehard!