



## OCTOBER 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

A number of years ago, I discovered that the month of September is a special and captivating period of the year for me. I am enamored with the month of September for particular reasons. Two reasons are because the humid summer weather begins to fade as it turns slightly cooler, meaning the autumn season is on the way, and it is the month for Virginia bike club centuries. As in 1996 the month began with the Mile Post Zero's (Waynesboro) Century and ended with the Fredericksburg Century. Sandwiched between those two rides were the Reston, Richmond, and SVBC Centuries. I heard through the grapevine that many SVBC club members rode in these cycling events throughout the state. In my opinion, our 15th Annual Century was a major success (especially when compared to last year's canceled event due to the hurricane). The colorful 15th

Annual SVBC Century t-shirt, design by Kathy Fovargue, was treasured. Everyone had to have one of his own. A few are left, so contact Art or me if you would like to purchase one before they disappear.

Approximately, 110 riders, living throughout the state, registered for either the 25-, 50-, or 100-mile rides. The cycling event was praised by many of the riders for the organization, routes, baked goods, etc. A BIG club thank you goes out to Art, Chairman of the Century Committee. In addition, thanks to all of the other committee members, club members, and non-club members who devoted their time and energy over the last couple of months and the day of the event to help make this year's century a very memorable one for the participants. The food party at Gene and Sarah Miller's house the night before the century was exciting and entertaining (Sorry if

you were not there and missed the merriment). Since I worked on the sandwich-making assembly line, I must mention that Larry Grossman's and Tom Mayer's peanut butter and jelly sandwich making proficiencies are unparalleled; and that Janell Hofmeister's mastery at bagging the sandwiches was also unparalleled. I'd put this group of sandwich makers up against any other sandwich makers in the world. Neups, Gene, Sarah, Marcia, and Bill McNulty strengthened the art of food preparation by bagging gorp and cutting carrots and celery. The food party came to a close as we dined on Sarah's home-made pie topped with ice cream. Thanks for the memories.

Until next time, keep those pedals spinning.

Knicely

### UPCOMING MEETINGS

October 13      6:00pm  
                          7:30pm

Pre-meeting ride starting at *Luigi's*.  
 Monthly meeting at *Luigi's*.

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)

## WELCOME NEW MEMBERS

Jean Johnson

Harrisonburg

## WELCOME BACK RETURNING MEMBERS

Sandy Brownscombe

Harrisonburg

Dave and Nancy Cary

McGaheysville

Bill McAnulty

Weyers Cave

Bob McGovern-Waite

Bridgewater

Jim and Charlene Mitchell

Harrisonburg

Hank Schiefer

Harrisonburg

Mahlon & Alice Webb

Swoope

Dick & Lois Wettstone

Pleasant Valley

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

## SVBC ACTIVITY COORDINATORS

Century

Art Fovargue 433-9247

Newsletter

Neups 434-1878

Rides

Bill Taylor 433-7154

Time Trial

David Knically 828-3599

## LADYBUG, LADYBUG, FLY AWAY HOME

Some of the nicest things about riding are the little surprises. The other day I was coasting down a hill and noticed a ladybug sitting on my front brake pivot bolt. It's amazing how well they can hang on. And just yesterday I passed a dead skunk in the middle of the road. I was too busy looking at the roadkill that I

didn't notice the bald eagle (was it, really?) sitting on the fencepost waiting for a taste of it. The raptor's flight as I approached entranced me. I hope you get a few of your own little surprises as you ride through this year's fall foliage. Enjoy!

Neups

## WANNABES

This year, the club sponsored one "Wannabe Ride" due to my schedule. Last year, the rides were developed and held for those riders who ride about 10 to 12 mph and wanted to become smoother, faster, and/or more efficient. In addition, the rides were FUN rides and at no time was anyone dusted/dropped. Many club members came out to train and learn with me. A few people even learned one new way to improve their cycling skills. In the upcoming months, I'm planning to rotate these "Wannabe Rides" between off-road and road rides, depending on the weather. On Sunday, October 12th, I will lead a "Wannabe (road) Ride" in the Bridgewater area, starting at 1:00 p.m. Call me at 828-3599 for more information, like starting point. (See Ride Schedule).

Knically

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

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: 1) Peugeot Road Bike. Model PGN-10, 60cm, high quality Reynolds 501 tubing, racing geometry, Look clipless pedals, Simplex/Nervar/Sachs-Maillard drivetrain, 12-speed, NEVER crashed!! Asking \$195.  
2) Cannondale Mountain Bike. Model SM700, 20", Ritchey Logic chromoly fork, Shimano XT/LX components, 21-speed, Vetta cyclocomputer, new grips, new pedals with toeclips, new rear tire. Asking \$400.  
Call Eric at 574-2798 for details about either of these great deals!!!

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.

## 15<sup>TH</sup> ANNUAL SHENANDOAH VALLEY CENTURY

Thanks to all who helped with our 15th Annual Shenandoah Valley Century. The day was beautiful and although there were only about 110 riders, all had a good time. As always, what makes it a success are our great volunteers. Thanks again.

The t-shirts we offered for sale were well received. However, we have ten left. We need to sell these so that our t-shirt venture is not a financial loss. All ten are large. Nine are raspberry and one is teal (blue). If you are interested, the price is \$8.00 and they make great Christmas gifts. I will bring any left to the next meeting so that you can see what they look like.

Art Fovargue (433-9247)

## ZIP CODES!!!

This is the first month of the new zip code for parts of Harrisonburg. As I'd rather not have to figure out the ones that should be changed to 22802, please give me a call. My number is 434-1878. Make sure the postman finds you! Thanks!

Neups

## TIME TRIALS

The final SVBC-sponsored TT of the season was held on Tuesday, September 16, 1997 at 5:45pm with two participants. Personally, I believe that time trials could have been more successful. Nevertheless, I plan on recommending that the event be sponsored by the Club for the 1998 Season. Thanks to all who participated in the events.

Knicely

### Results from August 26

Al Clague	24:50	Dave Frye	27:05	Neups	23:45
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## SCHEDULE OF EVENTS

- October 4 \*\*\*\*** Mountain Bike Ride. 9am. Meet at Hone Quarry campground for a ride up Reddish Knob. No ride if raining. Call Matt at 574-6062 for details.
- October 4-5 Artie Levin Memorial Bicycle Rides. Roanoke. Saturday offers a free 32-mile ride. Century and metric century on Sunday for only \$7. Call Hank Ebert at 540-772-3343 for more information.
- October 4-5 MS 150 Bike Tour. The Valley Campaign. Starts and ends on the Cedar Creek Battlefield (near Middletown). Call 1-800-451-0373 for more information.

- October 5 National Capital Bicycle Tour, Washington DC; starts 7:30 AM - 10 AM from American University, 9 to 100 miles, flat to moderately hilly; choose city sights, urban greenways, or county roads; Washington Area Bicyclist Association, 818 Connecticut Ave. NW Suite 300, Washington DC 20006; 202-872-9830, <waba@capaccess.org>
- October 11 \*\*\*\*** **Massanutten Autumn Peak Ride. 9am. Montevideo Middle School. 35 miles. Enjoy the views of Massanutten, then come on up to the Massanutten Resort for the Autumn Peak Celebration (ski lift rides, music, crafts, etc). Call Marcia at 289-6712 for ride information.**
- October 12 \*\*\*\*** **1pm. Wannabe Road Ride. Bridgewater area. Call David at 828-3599 for more information and starting point.**
- October 11 Seagull Century, Salisbury, MD. Must register by 7/31/97. E-mail seagull@ssu.edu or call 410-548-2772 for more information.
- October 12 Tour de Port, Baltimore, MD; Rash Field; urban/family tour of Inner Harbor, port, and historic neighborhoods; League of American Bicyclists, Mary Kay Ellenberger, 190 W. Ostend Street, Suite 120, Baltimore, MD 21230-3755; 410-539-3399 x211; fax 410-539-3496; e-mail Bikevent@aol.com; or Web page: <http://www.bikeleague.org>
- October 12-18 Cycle Texas. Begins and ends in Austin. Must register by September 2. Call Neups for more information.
- October 13 \*\*\*\*** **6pm - Pre-meeting ride starting at Luigi's. 7:30pm - Monthly meeting at Luigi's.**
- October 17-19 Frederick Fall Foliage Frolics, Frederick, MD, Potomac Pedalers Touring Club, 202-363-8687.
- October 17-19 Hilly Hundred Weekend Bicycle Tour, Indianapolis, IN. Call Neups for more information.
- October 19 Tour du Port, Baltimore, MD. Entry fee of \$16 (before October 6<sup>th</sup>) includes lunch and a T-shirt. 22-mile or 9-mile routes. Call 410-792-8308 for more information.
- October 24-26 7<sup>th</sup> Annual Shenandoah Fall Foliage Bike Festival. Staunton. Call 757-229-0507 for more information.
- October 25 Between the Waters. On the Waterfront in Wachapreague, Eastville, VA. Rides of 20-, 35-, 60-, and 100-miles. Call (757) 678-7157 for more information.
- October 26 \*\*\*\*** **Mountain Bike Ride. Start at 9am for a ride up Long Run in the GW National Forest. Approximately 2-1/2 to 3 hours. Call Bill at 433-7154 for carpooling and information. (Don't forget that Daylight Savings Time ends!)**
- October 31 - November 2 PPTC/BBC Chincoteague Weekend, Chincoteague, VA, Bob & Willa Friedman <friedman@cais.com>

## 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 OCTOBER/November-December

**Mark Eckroth**

**Bernie Edwards**

**James Hammer**

**Tom Mayer**

Al & Sue Clague Family

Mary Shaughnessy

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](mailto:neups@shentel.net) or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.