



### **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**

Happy Holidays!!! As the traditional holidays approached, I hope that you and your families were able to capture the excitement and happiness that the season had to offer. While resting in my comfortable chair and thinking about what to write for my January article, I recalled that I received positive comments about last year's year-in-review article. So, once again, I will re-examine the Club's colorful and eventful 1997 cycling season. January 1997 SVBC's cycling season began at noon on January 1st with Bill Taylor's Third Annual Icicle Ride. The weather was very wet and frigid. However, eleven cyclist braved the elements and rode on the New Year's Day ride. January's monthly meeting/pot luck meal was held at the Valley Wellness Center. Eleven hungry members each fixed a luscious food item to bring along with them to the meeting. The night was bitterly cold, but we had a great time eating, despite the frigid evening. 1997's Winter Training Rides, hosted by David, Bill, Marcia, and Matt, began. There was an unofficial SVBC Super Bowl ride, climbing Reddish Knob in the snow. The Club made its way onto the cyberspace highway thanks to Neups. By February, the cool arctic weather descended on the valley, snowing 12" on February 8. Yet, a few of us made it to the

forest development roads and trails to hide from the arctic winds. The Club's elections were held during March, ushering in a new Secretary, Matt Madden. The President announced the appointment of an Executive Committee. Time trials began during the third week of April, after the time change. The Winter Training Rides came to a close with a Sunday ride and pot luck. Marcia, as in the past, called together her friends and cyclists to begin the Wednesday evening rides. Out of all the Club sponsored rides, these rides seemed to be the biggest hit, supporting close to 15 weekly riders. The Club co-sponsored rides with the Valley Wellness Center. Two rides - 15 and 30 miles - started and ended at the Center, with treats supplied by the Center at the end of the rides. Even though the weather turned chilly, the May meeting began with the first pre-meeting ride. In addition, the monthly meeting moved to Luigi's, which became the location for the remaining meetings held in 1997. May was also noted as National Bike Month. One thing that I seem to remember is the abnormally strong winds during the month. Marcia organized a breakfast ride around the McGaheysville and Grottoes areas. By July, the Club's activity pace picked up. The month began

in an exciting way with the World Cup Downhill races held at Massanutten. Many of the Club's members helped by being course marshals. Remember the whistle! Our annual summer picnic and monthly meeting began at Hillandale Park at 5:30pm with a pre-meeting ride. By the time 6:30 arrived, a group of fourteen hungry picnickers descended on Hillandale. The Club, once again, supplied ride leaders for the 6th Annual H/R Chamber's Bike Festival. We co-sponsored a second ride with the Valley Wellness Center. Two rides - 15 and 30 miles - started and ended at the Center. The pace further quickened in August due to the numerous Club sponsored rides: the Breakfast Ride, the Ice Cream Ride, the Keezletown rides, and time trials to name a few. September will be remembered for the Club's 15th Annual Century. Over 110 riders participated in the event - with no rain in sight. In October, daylight savings time ended, slowing most evening rides and ending the cycling season for others. Marcia planned a ride in conjunction with Massanutten's Autumn Peak Festival. After the ride, a few of us hiked the mountain and viewed the event(s). Later, we made our way to Tom Mayer's house for a potluck/cookout. November began the season of mountain biking.

Matt resigned his post of Secretary due to a job change (we will miss you at the meeting, Matt.). Also, the rains began to descend on the valley, or at least only on the weekends. In closing, we saw

early signs of winter as the northern arctic winds picked up and snow flurries fell by mid-December. I hope that when you reflect on *your* 1997 season, your mind's eye will be seeing a

panoramic vision that includes many adventures and excitement.

Until next time, keep those pedals spinning.

Knically

## UPCOMING MEETINGS

**January 12**    **6:00pm**  
**February 9**    **7:00pm**

Annual Pot Luck Dinner. *David Knically's house.*  
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)

## DECEMBER MEETING MINUTES

Happy Holidays!!!

David called the December meeting, that was held at Luigi's, to order at approximately 7:05pm. The meeting began by discussing upcoming Club interests and events with the four attending Club members. First, the Winter Training rides will once again begin in January. Second, the Fourth Annual Icicle Ride will be held on New Year's day. Third, upcoming Club meetings: January's pot luck at David's house in

Bridgewater (for directions call David). In closing, Marcia gave a Treasurer's report of \$1,772.23. The meeting came to a close at 7:15.

As the 1997 cycling season comes to a close, I wish to extend a gracious thanks to each of the executive members and officers for helping me throughout the year. Without them, the Club would not have had a successful 1997.

Knically

## WELCOME NEW MEMBERS

Marquess Lewis

McGaheysville

## WELCOME BACK RETURNING MEMBERS

Al and Sue Clague & Family  
John Maxfield

Harrisonburg  
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

## GET WELL WISHES

As a note to all, Bill McAnulty had surgery in Charlottesville on December 19, 1997. Please keep him and his family in your thoughts and prayers. While recovering, I'm sure he would appreciate a call from you.

Knically

## DEATH OF A BIKE CLUB

The Club exchanges newsletters with other clubs in the Mid-Atlantic region. It was sorrowful to see the last newsletter arrive from the Salisbury Bicycle Club. It read that the club was disbanding for lack of involvement. Involvement in club officer and ride leader positions. Any organization needs some fresh

thinking now and then. David has already noted that the annual elections are coming up in March. Don't be afraid to get involved. Especially if you're new. The time commitment is not enormous and your ideas will be welcome.

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:** 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.

## SCHEDULE OF EVENTS

Saturdays	10am. Winter Training Rides. McGaheysville Park & Ride (location may change from week to week). Two to four hours at an 18-20mph average. Focus is on Long Slow Distance. Slower riders welcome. Route maps available. Call Alan Silverman for information at 289-7100.
Saturdays	2:30pm. Shenandoah Mountain Bike Club Women's Ride starting from Blue Ridge Cycle Works. All ages and abilities encouraged to join. Call 434-6049 for details.

**JANUARY 1**

**12 noon. Fourth Annual Icicle Bike Ride. It's that time of the year again. Time to bring in the new year in a cycling kind of way. Plan on leaving Hillandale Park at noon on New Year's Day for an approximately 2 hour ride, maybe shorter depending on the weather. This ride is for all categories and will be at a conversational pace. May include a stop for hot chocolate to warm up, if needed. Hope to see all of you out there. Call Bill at 433-7154 for more information.**

**SUNDAYS**

**12 noon. Winter Training Rides. This winter, we bring back a regular series of rides for those of you who will not let a little bad weather interrupt your cycling enjoyment. We will be meeting on a weekly basis for rides of one to two hours in length - weather to dictate the distance. Ride leaders will include Marcia, David, Bill, and Marquess. First ride will be on January 4th and the series will be continued through March. Major snowfall means cancellation of ride and x-country skiing instead. Call Bill at 433-7154, or other ride leaders for location and other details. Shake off that winter feeling of blah and join us.**

April 19

First Annual Jimmy London Memorial Ride. Benefits the Leukemia Society of America. Pungo, VA. Call Chris Nolan at 804-673-8855 for more information.

**APRIL 25**

May 2 - 3

**Spring Valley Wellness Center Rides. Information to be forthcoming.**

Clean Air Challenge. Little Rock - Hot Springs, AR. Call 1-800-880-5864 to pre-register.

June 15-August 1

GTE Big Ride Across America. Benefits the American Lung Association. Seattle, WA to Washington, DC. Call 1-800-BIG-RIDE for more information.

**JUNE 20**

July 23 - 29

**Summer Valley Wellness Center Rides. Information to be forthcoming.**

Cycle Across Maryland. Tenth anniversary. Explore the Eastern Shore area. Call 1-888-226-7433 to be put on the mailing list.

**1997 MILEAGES**



Bill McAnulty 2,074

If you have your 1997 total, call, e-mail, or fax Neups 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 before then.

**MEMBERSHIPS EXPIRING MARCH/April**

**Brian Bauer & D. Warnaar      Art & Kathy Fovargue Family      Rich Harris**  
**Mike Miller      /Bill Taylor**

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.