

VOLUME 1 ISSUE 2

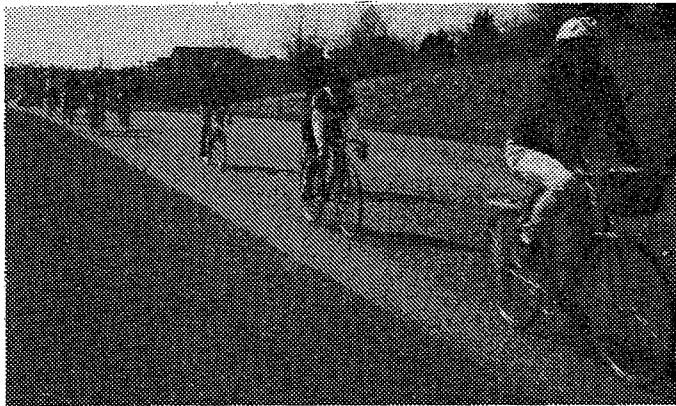
Shenandoah Valley Bicycle Club



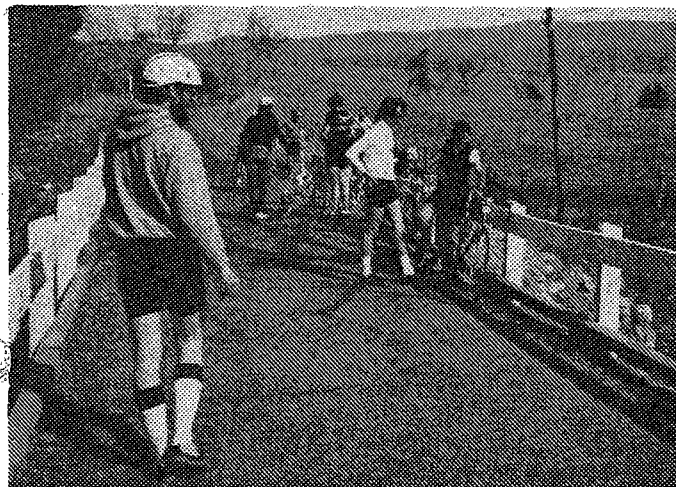
Affiliate

APRIL 1983

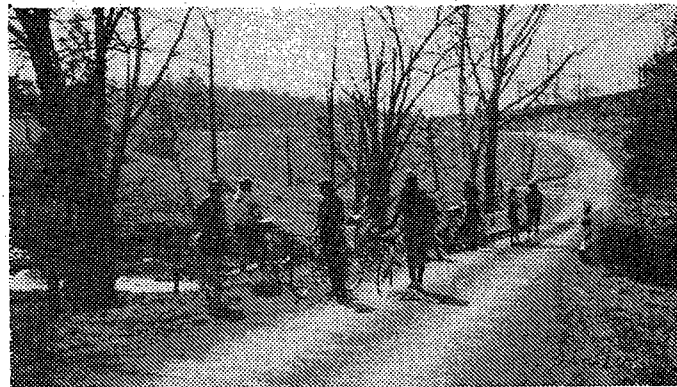
ACTIVE WEEKEND FOR SVBC



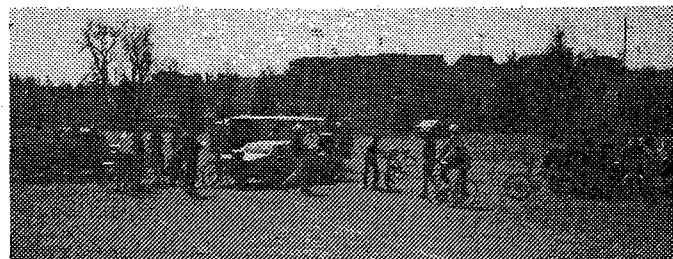
Saturday, March 19, our members had the opportunity to race the clock in our first time trial of the year. A cool, breezy day brought out 10 riders, 8 of which were timed. Fastest times for the 10-mile course were Craig Mauch, with a time of 26 min. 21 sec., followed closely by Dennis Herr, with a time of 26 min. 32 sec. Race director, Bruce Werner, anticipates increased participation as the weather improves. Well done, folks.



Sunday, March 20, assuredly the most beautiful day of the month, brought 25-30 people out for our first group tour. The rolling terrain at the base of the Massanutten was spectacular.



After roller skating 10 hours for charity on Saturday, Sean Lankards determined effort to finish the ride was an inspiration to us all. The youngest member of our group, Jessica Landis, 2 year old daughter of Jeff and Pat Landis, rode behind dad in their bicycle trailer. EASY RIDER! Everyone enjoyed the munch time pause at the scenic stream crossing. Many thanks to Norm Gulliksen for planning a successful ride.



THE TRIPPING CORNER by norm gulliksen

As a result of questions from the SVBC membership the following definitions are offered in regard to club rides and tours. It should be understood that the below will not apply to Training Rides.

1. There will be a ride leader and his/her name will appear in the calendar.
2. There will be a designated person to ride as "sweep". This individual will ride the route behind the last tripper. The person riding "sweep" will offer assistance as required. The "sweep" will be introduced prior to the start of each ride.
3. For the following ride dates: 3/20, 4/10, and 5/22 we plan to have a vehicle travel the ride route after the ride is completed. The vehicle will provide final follow up in the event any tripper has problems. Continuation of this practice after the 5/22 ride will be evaluated.
4. To find out if a ride is being called off due to wheather conditions call the ride leader. NOTE: a ride will always be called off if an electrical storm is apparent.
5. The ride leader will have a restricted number of maps and written directions for Class A, B and C rides. The cost will be 25cents in exact change to the ride staging area in Purcell Park. If you do not have a map follow the leader.

REMEMBER

When ever you go out on your bike be sure to tell someone at home about your ride plan. Also, carry some change to phone home for a pick up in the family vehicle in the event your chain breaks, your wheel "potato chips", your crank falls to pieces, etc.

Petit's Principle:

If it wears fur, pedal fast.

RECOMMENDATION

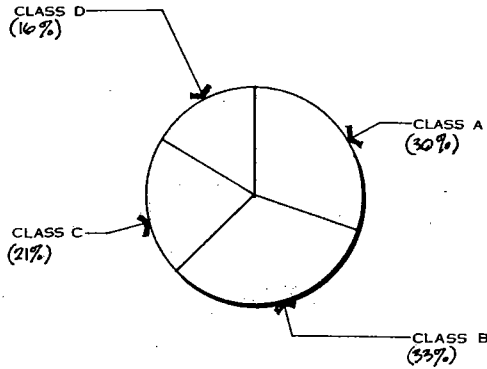
If you are not familiar with BICYCLING Magazine check it out. See the current issue and back issures at the Harrisonburg Public Library. If you do this, it will be practically impossible to not subscribe to BYCYCLING. Frankly, if you ride a bike the magazine will be the second best investment you've made. The first, was getting a bike!

SVBC OFFICERS

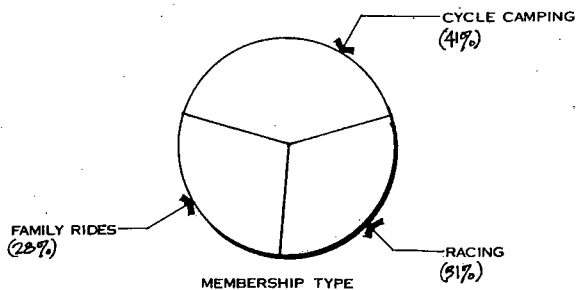
President - Mark Nissley 433-1324
V. Pres./Racing Dir. - Bruce Werner 433-8977
Tour Director - Norm Gulliksen 434-2692
Treasure - Sue Rippy 828-4414
Sec./L.A.W. Rep. - Ray Miller 896-1576
Editor - L. B. Branner 896-2386

S.V.B.C. SURVEY '83

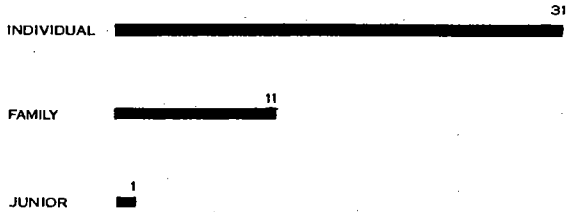
RIDING CATEGORIES



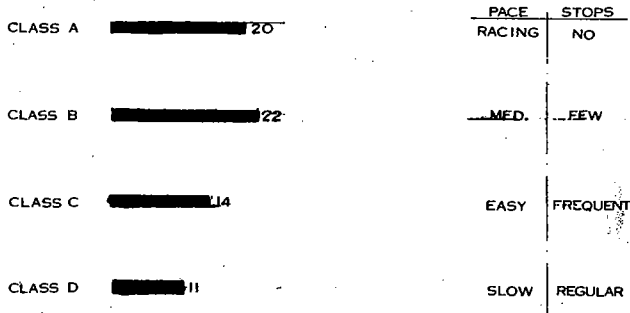
INTERESTS



MEMBERSHIP TYPE



RIDING CATEGORIES



MEMBERSHIP DOUBLES !

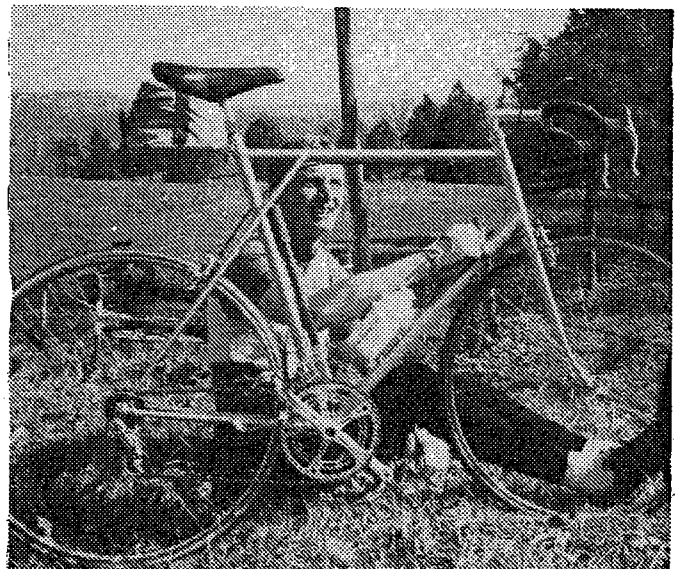
As of the last week in March, Sue Rippy, club treasurer, reports membership has doubled again. The original 20 members in January doubled to 40 in February and once again in March to its present 80 members. Club officers are anticipating another great increase in membership for April.

Bruce Werner has provided us with the accompanying illustrations showing the mix of riding interests within our membership.

SAFETY

Watch out for people opening a car door, into your path. "DO"-

1. Look ahead and observe- are there people in the car-can you detect exhaust from the tail pipe-is the stop light on.
2. If there is a line of parked cars check behind and ride out toward the center of the street- far enough to clear an opened door.
3. If you have a choice avoid streets that allow parking or are heavily parked.
4. Ride with your fingers resting on the break levers. This will reduce your reaction time by a few precious seconds, in the event you are confronted by an opening car door.



Whatya mean - breaks over.

THE RACERS EDGE by bruce werner

Update:

The first training ride for the SVBC had a rather soggy send off on Sunday, March 5. Chilly temperatures and showers accompanied the riders on an abbreviated course through Mt. Crawford and Bridgewater.

Drafting Techniques: Straight Line (American Style) Drafting

This technique involves the riders lining up with the leader pulling off to the left after a variable amount of time and then rejoining the group as the last rider in line. The amount of time you spend on the front depends on many factors such as fatigue, your ability to climb or descend, or team considerations. Follow approximately 1'-2' back from the rider in front of you looking over his shoulder regularly while occasionally glancing at his rear wheel to check your following distance. While going from the front to the back of the line, always stay as close as possible to the riders in the pace line. This is to stay within the slipstream of the group. Swinging out into the middle of the road exposes you to more headwind and of course following vehicular traffic too. Finally, always be sure all riders in the group have the mutual understanding and ability to draft effectively and safely!

B. Werner

CHESAPEAKE TOUR

A 150 mi. bike camping tour. Depart from 79 Weaver Avenue, Hbrg. 10 AM, Fri., May 13. Return to Hbrg. mid-evening, Mon., May 16. Camp sites: Fri. - Cape Henelopen State Park, Sat. - Assateague State Park, Sun. - Chincoteague. We will bike back to Henelopen on Mon. (75 mi.) and depart for home by 4 PM. We will car pool to Henelopen and return. Henelopen is a 5 hour drive. Food arrangements need to be made. A sagwagon for transporting gear is a possibility. Trippers using the sag will share the cost. Call Norm Gulliksen or John & Debby Phillips in the event of questions and to make your reservations. Final Chespeak planning meeting, Thur., April 14, 7:30 P.M. at 79 Weaver Ave.

We're going to start featuring excerpts from "It's always uphill and against the wind (and other Bicycling Hardships)" by Joel Goodman.

CONTEST

Oh, come on people! In the first newsletter we announced the club logo contest and so far we have received only 5 entries. Four of the designs are Ray Millers so you can see someone is serious about the prize. We've extended the deadline to April 31, 1983 and this will be the absolute positive, no tag back deadline. Good Luck!

SVBC 1983 SPRING CALENDAR

DATE	DAY	START TIME & PLACE	CLASS	EVENT & COMMENTS
APRIL				
3	Sun.	3:00 p.m. Purcell Park	A to D	"Easter Country Ramble" All classes invited - a get to know one another. About 11 miles - no steep hills. L.A.W. EASTER ride patch available. @ \$1.75 ea. Leader, L.B. Branner, 896-2386
9	Sat.	1:00 p.m. Purcell Park	A & B	Training Ride. 9 miles x 5 laps. Keezletown area. Interval work planned. Leader, Bruce Werner, 433-8977.
10	Sun	1:30 p.m. Purcell Park	C	"Mennonite Country Ramble". 24 miles. After ride meet at Pizza Inn, adjacent to Mick or Mack grocery store on S. Main St. DUTCH! Leader, Ray Miller, 896-1576
13	Wed.	6:00 p.m. Purcell Park	B	"Work off the days Frustrations". 12 - 14 mile loop. Leader, Norm Gulliksen, 434-2692
23	Sat.	1:00 p.m. Purcell Park	A,B,C,	Same as April 9th. Leader, Bruce Werner, 433-8977.
24	Sun.	8:00 a.m.	A to C	100 + KM, Lung Power Challenge, Sponsored by Blue Ridge Cyclist, for information call Bruce Werner 433-8977, Start in Roanoke at Dixon's Bicycling Headquarters at 8:00 a.m., ride to the Unicycle in Blacksburg and back. Or start in Blacksburg at the Unicycle at 8:00 a.m., ride to Dixon's Bicycling Headquarters in Roanoke and back.
MAY				
7	Sat.	1:00 p.m. Purcell Park	A & B	Training ride - Spring Creek Loop, 30 miles. Pace line work planned. Leader, Bruce Werner, 433-8977
13-16	Fri.-Mon.	10:00 a.m. 5/13 departure from Purcell Park in vehicles	Touring-Camping	"Chesapeak Bay Country" 150 miles camping tour. Leader, Norm Gulliksen, 434-2692
21	Sat.	1:00 p.m. Rt. 257 & 738 West of Dayton	A to D	Citizens race - 10 mile time trial staggered start, ride against CLOCK. All riders welcome. Interval. Leader, Bruce Werner, 433-8977. Dry River Road
22	Sun.	1:30 p.m. Purcell Park	C	"Singers Glen," 28 Challenging miles. Bring your camera, snack and drink. Leader, Norm Gulliksen 434-2692
JUNE				
5	Sun	6:30 a.m. Purcell Park	?	"In firmity of the Mind and Purification of the Body" Ride to the top of Massanutten and return. Leader, Norm Gulliksen, 434-2692
7	Tues.	6:30 p.m.	A to D	Citizens race - 10 mile time trial, Dry River Road. Leader, Bruce Werner, 433-8977
12	Sun.	12 noon Purcell Park	C	"Natural Chimneys Park". Bring a picnic lunch and swimsuit. NOTE: Leader, to be appointed. + money for admission.
18	Sat.	8:30 a.m.	TBA	Citizens race: hill climb 7.9 miles. Leader Bruce Werner, 433-8977