ACTIVE WEEKEND FOR SVBC

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 Lankard's 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.

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.
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 25 cents 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
issues 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 invest-
ment 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
Treasurer · Sue Rippy 828-4414
Sec./L.A.W. Rep. · Ray Miller 896-1576
Editor · L. B. Branner 896-2386
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.

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.

Whatya mean - breaks over.
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. - Assateaque State Park, Sun. - Chincoteaque. We will bike back to Henelope on Mon. (75 mi.) and depart for home by 4 PM. We will car pool to Henelope and return. Henelope 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 Chesapeake planning meeting, Thu., 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 Miller's 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

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>START TIME &amp; PLACE</th>
<th>CLASS</th>
<th>EVENT &amp; COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>APRIL 3</td>
<td>Sun.</td>
<td>3:00 p.m. Purcell Park</td>
<td>A to D</td>
<td>&quot;Easter Country Ramble&quot; 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</td>
</tr>
<tr>
<td>9</td>
<td>Sat.</td>
<td>1:00 p.m. Purcell Park</td>
<td>A &amp; B</td>
<td>Training Ride. 9 miles x 5 laps. Keezeltown area. Interval work planned. Leader, Bruce Werner, 433-8977.</td>
</tr>
<tr>
<td>10</td>
<td>Sun.</td>
<td>1:30 p.m. Purcell Park</td>
<td>C</td>
<td>&quot;Mennonite Country Ramble&quot;. 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</td>
</tr>
<tr>
<td>13</td>
<td>Wed.</td>
<td>6:00 p.m. Purcell Park</td>
<td>B</td>
<td>&quot;Work off the days Frustrations&quot;. 12 - 14 mile loop. Leader, Norm Gulliksen, 434-2692</td>
</tr>
<tr>
<td>23</td>
<td>Sat.</td>
<td>1:00 p.m. Purcell Park</td>
<td>A, B, C,</td>
<td>Same as April 9th. Leader, Bruce Werner, 433-8977.</td>
</tr>
<tr>
<td>24</td>
<td>Sun.</td>
<td>8:00 a.m.</td>
<td>A to C</td>
<td>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.</td>
</tr>
<tr>
<td>MAY 7</td>
<td>Sat.</td>
<td>1:00 p.m. Purcell Park</td>
<td>A &amp; B</td>
<td>Training ride - Spring Creek Loop, 30 miles. Pace line work planned. Leader, Bruce Werner, 433-8977</td>
</tr>
<tr>
<td>13-16</td>
<td>Fri.-Mon.</td>
<td>10:00 a.m. 5/13 departure from Purcell Park in vehicles</td>
<td>Touring/Camping</td>
<td>&quot;Chesapeake Bay Country&quot; 150 miles camping tour. Leader, Norm Gulliksen, 434-2692</td>
</tr>
<tr>
<td>21</td>
<td>Sat.</td>
<td>1:00 p.m. Rt. 257 &amp; 738 West of Dayton</td>
<td>A to D</td>
<td>Citizens race - 10 mile time trial staggered start, ride against CLOCK. All riders welcome. Interval. Leader, Bruce Werner, 433-8977. Dry River Road</td>
</tr>
<tr>
<td>22</td>
<td>Sun.</td>
<td>1:30 p.m. Purcell Park</td>
<td>C</td>
<td>&quot;Singers Glen,&quot; 28 Challenging miles. Bring your camera, snack and drink. Leader, Norm Gulliksen 434-2692</td>
</tr>
<tr>
<td>JUNE 5</td>
<td>Sun.</td>
<td>6:30 a.m. Purcell Park</td>
<td>?</td>
<td>&quot;Infirmity of the Mind and Purification of the Body&quot; Ride to the top of Massanutten and return. Leader, Norm Gulliksen, 434-2692</td>
</tr>
<tr>
<td>7</td>
<td>Tues.</td>
<td>6:30 p.m.</td>
<td>A to D</td>
<td>Citizens race - 10 mile time trial, Dry River Road. Leader, Bruce Werner, 433-8977</td>
</tr>
<tr>
<td>12</td>
<td>Sun.</td>
<td>12 noon Purcell Park</td>
<td>C</td>
<td>&quot;Natural Chimneys Park&quot;. Bring a picnic lunch and swimsuit. NOTE: Leader, to be appointed. + money for admission.</td>
</tr>
<tr>
<td>18</td>
<td>Sat.</td>
<td>8:30 a.m.</td>
<td>TBA</td>
<td>Citizens race: hill climb 7.9 miles. Leader Bruce Werner, 433-8977</td>
</tr>
</tbody>
</table>