Before visiting Williamsburg get your FREE copy of BIKE MAP HISTORIC
TRIANGLE, Yorktown - Jamestown - Williamsburg. They say - you have
never seen the Historic Triangle until you do it over your handlebars.
Order your map by writing to: Richard C. Lockwood - State Bicycle Co-
ordinator - Virginia Department of Highways & Transportation - 1401
E. Broad Street - Richmond, Va. 23219.

CHESAPEAKE TOUR

Plans for the 150 mi. bike camp-
ing tour of the Chesapeake Area
are progressing. Currently, we
have nine trippers and a sag
driver. Oh Yes! John and Debby
Phillips' daughter, Beth, will
ride in the "Bugger". Friday
night dinner will be "pot luck",
thereafter, everyone will ar-
range for their own meals. We
hope to locate a good seafood
restaurant Saturday or Sunday
and live it up. Departure is
at 9 AM Friday, May 13, from
79 Weaver Avenue, Hbrg. If you
would like to join the tour
call Norm Guliksen, 434-2692
or John/Debby Phillips, 433-
3419.

PURCELL RIDE DEPARTURES

Riders departing from Purcell
Park will gather in the large
parking lot on the North East
boundary of the Park. Enter
this lot from Monument.

Whether ride, weather codes:
RDC - Rain or Shine
IRC - If Raining Cancelled

For those of you who have just
joined the club let me fill you in on
a little bit of information. Our club
needs a logo design and will award
an Avocet I Touring Seat for the best
entry. Bring your design to the
May club meeting and you may win
the new buns holder.

Meeting May 10th, 7:30 p.m. at
the National Guard Armory behind
Harrisonburg High School.
Topics: -Riding Styles with
Bruce Werner & Mark
Nissley
-Logo Selection

On the 10th the monsoons subsided
and clouds broke for a rare occurrence
of clear skies during the month of April
Thirteen riders feverously awaited
the assault on the hills behind Dayton.
About 3 miles into the ride Waltine
Begoon earned the dubious distinction
of being the first rider to experience
a flat on a SVCB ride (no, LB slow
leaks on sew-ups don't count).
Fortunately Mr. Begoon was riding
sag for the group that day and
was there for the rescue. The
remaining twelve riders finished
the ride without any trouble. After
the ride the thirsty group descended
on Pizza Inn for food, drink and good
conversation.

) The SVBC hopes Larry Nuckols,
owner of Staunton Bicycle, is ex-
periencing a speedy and complete
recovery from his recent motorcycle
accident.

The cost of this publication is
partially funded by Back Alley Bikes &
Mark's Bike Shop.
### SVBC 1983 SPRING CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Group</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAY 7</td>
<td>Sat.</td>
<td>1:00 p.m.</td>
<td>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.</td>
<td>5/13 departure from Purcell Park in vehicles</td>
<td>Touring-Camping</td>
<td>“Chesapeake Bay Country” 150 miles camping tour. Leader, Norm Guliksen, 434-2692</td>
</tr>
<tr>
<td>21</td>
<td>Sat.</td>
<td>1:00 p.m.</td>
<td>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.</td>
<td>Purcell Park</td>
<td>C</td>
<td>“Singers Glen,” 28 Challenging miles. Bring your camera, snack and drink. Leader, Norm Guliksen 434-2692</td>
</tr>
</tbody>
</table>

### JUNE

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Group</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Sun</td>
<td>6:30 a.m.</td>
<td>Purcell Park</td>
<td>?</td>
<td>“In firmity of the Mind and Purification of the Body” Ride to the top of Massanutten and return. Leader, Norm Guliksen, 434-2692</td>
</tr>
<tr>
<td>7</td>
<td>Tues.</td>
<td>6:30 p.m.</td>
<td></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</td>
<td>Purcell Park</td>
<td>C</td>
<td>“Natural Chimneys Park”. 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></td>
<td>TBA</td>
<td>Citizens race: hill climb 7.9 miles. Leader Bruce Werner, 433-8977</td>
</tr>
</tbody>
</table>

I'm sure you've seen the rider class charts with the A, B, C and D's. How can you tell what group you fit into without using a bulky bike speedometer or having someone in a car time your speed? Here's a couple of formulas that will at least give you a ballpark number to estimate your mph.

First, determine your gear by the formula:

$$\text{Gear} = \frac{\text{Wheel Diameter} \times \text{Chainwheel Teeth}}{\text{Freewheel Sprocket Teeth}}$$

Second, to determine mph use the formula:

$$\text{mph} = \frac{\text{Cadence} \times \text{gear} \times 0.003}{60 \text{ sec.}}$$

For example, see the top view of Elimo's bike. He happens to have a 52 and 40 toothed chainwheel and let's assume at the moment the chain is on the larger chainwheel. Elimo's freewheel has sprockets with 14,16,19,24 and 30 teeth and the chain is on 16 tooth sprocket. Elimo's bike wheels have a 27 inch diameter and he is pedaling with a cadence of 85 rpm. Using the above formulas figure his mph.

Remember, this is an estimate and usually will be higher than your average mph, because it doesn't take into account nature calls, stop lights and speeding tickets.