

# SHE NANDOAH VALLEY BICYCLE CLUB



Affiliate

VOL.1, ISSUE 5

JULY

THE TRIPPING CORNER by norm gulliksen

2nd Annual Great Valley Interstate Tour Harrisburg, Pa. to Harrisonburg, Va., August 26 - 28, 1983. See or call Norm for details, 434-2692. Registration forms are available.

If you are not doing the tour - join us some miles up the road on the 28th and ride back to Harrisonburg. Also, join us for a Shenandoah Valley Barbecue in Shelter #3, Westover Park. Mr. Sagwagon will cook.

## JULY - AUGUST EVENT CALENDAR

Check your calendar close. Don't miss the "Great Ones". 4th of July, Pot Luck Supper and, of course, the picnic at Todd Lake. The picnic is for everyone - tell your friends. Register for the picnic at the 3 bike shops.

## JULY EVENING UNWIND RIDES

I will be leading a series of 4 evening rides during July at an average speed of 10 mph. They are designed for the C or D rider and will all leave from Keister Elem. School at 6:00 P.M. The pace will be easy, hills few, and stops to regroup will be included. Our rides will increase in length from 10 to a little over 20 miles and will wind about on mostly low traffic roads. Be sure to bring water as it still can be hot in the evenings. Come to them all and for whatever reason-- to work out the days aches and frustrations, to see the county, or to simply relax and prepare for a good night's rest.

by Art Fovargue

## TOUR OF EUROPE

If you are interested in a 6 week bike tour of Europe in 84 call 434-2692 and we can talk about it. Plan needs to be formalized by Nov. 15, 1983.

## NATURAL CHIMNEYS OUTTING

The SVBC assembled on a hot June 12, Sunday afternoon in Harrisonburg, & in Bridgewater for those of weaker legs and tentative spirits. The bikers consisted of a diversified group of about 30 club members including youngsters, wives not seen on previous rides, 2 buggers (housing future club riders), 2 tandem couples, a mountain biker, a single speed biker, and the usual variety of bikers along with V K's most appreciated van escort and ice water. The group enjoyed a leisurely pace and soaked up the beautiful sunshine and country scenery. Arriving at the park, everyone dug deep into panniers for the much needed electrolytes and carbohydrates. After eating, a cool dip in the pool, or a walk or ride to see the park and chimneys with the usual good friendship and swapping of tall bike tales or photos of past biking adventures. A quick cool rain shower refreshed everyone's spirits for the return leg of the trip.

by The Ray Ritchie  
Family

## JULY 4th RIDE

Celebrate the 4th of July with a morning ride of approximately 40 miles to historic Grottoes (several historians believe that Jefferson used to sneak off to Grottoes on the weekend while he was writing the Declaration of Independence). The ride will start at 9:00 AM from Purcell Park. The ride leaders will be John, Debby and Beth Phillips. Those beautiful League of American Wheelmen Fourth of July patches will be available for purchase at the ride (bring \$1.50 if interested in a patch). The ride will follow the bases of the Massanutten and Blue Ridge mountains. Plan to attend this holiday event!!



## THE CULINARY ADVENTURE

On Saturday, July 30, the SVBC will present the first annual "Culinary Adventure." The adventure will consist of two of the three most favorite things bikies like to do: ride and eat (we will leave the third to your imagination). The riding portion will get underway at 2:00 PM at the Phillips' (Debby, John and Beth) with the choice of a 15 mile ride through Mt. Clinton, or a 30 mile ride through Singer's Glen. Following the ride, the culinary portion of the adventure will begin, consisting of a potluck feast. Your passport to the "Culinary Adventure" is your potluck contribution. Call John or Debby at 433-3419 prior to July 29 to make arrangements for your potluck contribution. Liquid refreshments will be provided. For those only wishing to participate in the feast, the target feast time is 5:30 PM. In the event of rain, we can always just eat! The Phillips' address is 527 Collicello St., Harrisonburg. (P.S. If anyone has an ice cream freezer, we don't know many people who don't like homemade ice cream!)

## JULY MEETING!!! "BICYCLING SAFELY ON THE ROAD"

We are fortunate to be able to obtain for viewing at our next club meeting (Tuesday, July 12, 7:30 PM National Guard Armory in Harrisonburg) an excellent film entitled "Bicycling Safely on the Road." The film was put together by the League of American Wheelmen and Iowa State University. It demonstrates basic bicycling riding and safety techniques. The film takes the point of view that the bicycle is a viable mode of transportation, not a child's toy. This is a no frills, down to basics, film that should be of interest to both the novice and veteran bicyclist. All members of the SVBC are strongly encouraged to attend. You are guaranteed to learn something about bicycling from the film. Our format will be to show the film with only a brief introduction. After viewing the film, we will discuss various aspects of the film, ask questions, make comments, etc. Finally, for those who are interested, the film will be shown again to reinforce the information presented. This is an important film; bring a friend. Refreshments will be served.



IDEAS?? IDEAS?? IDEAS??

The SVBC Program Committee is looking for ideas for programs for future club meetings. We've got several things in mind (films, mountain biking, swap meets, potluck dinner, etc), but we need input from more SVBC members on what they would like to see. If you are interested in serving on the Program Committee, or if you have some suggestions (we love suggestions!!), contact John Phillips at 433-3419, or drop off a note to 527 Collicello St., Hburg. Put on your thinking caps!!

The SVBC is proud to introduce a new semi-regular column entitled "Ask Dr. Bike." Dr. Bike is a veteran bicyclist, and is recognized by a few people as one of the leading bicycling authorities on his block. Despite our best efforts to discourage him, Dr. Bike has volunteered to answer members' questions concerning bicycling related topics.

In the way of some background, Dr. Bike informs us that he likes foam covered handle bars, and enjoys cleaning bottom brackets and old bike chains in his spare time. His resume indicates that he has several publications to his credit in the area of bicycling, including his best seller, "Dr. Bike's List of Classic Rude Remarks to Inconsiderate Motorists, Pedestrians, Dogs and Potholes."

Questions to Dr. Bike should be submitted on a 3x5 card, and left at the Turkey Monument on Route 11 north of Harrisonburg. Dr. Bike will retrieve the cards on the third Monday of every month. This unorthodox (nobody ever calls Dr. Bike orthodox) approach allows Dr. Bike to remain completely anonymous, providing him with the necessary objectivity to answer questions. It also protects Dr. Bike from lawsuits, threats on his life, etc. Dr. Bike will try to answer all of your questions, but he probably won't. Keep those cards and letters coming!!!

Dear Dr. Bike:

I am planning on racing in the Tour de Fulks Run later this summer, and am interested in reducing the weight of my bicycle. I am considering replacing my seat post bolt with one that is made of titanium. Do you have any additional weight reduction suggestions?

Weightless in Woodstock

Dear Weightless:

You're off to a good start! Everyone (even Dr. Bike) agrees that the seat post bolt is the best place to reduce weight. Once you replace it, take a look at your water bottle. European racers have recently discovered that a significant weight reduction can be obtained by drilling out the water bottle. This is a relatively simple procedure, but if you are inexperienced with power tools, you probably should take your water bottle to a reputable machine shop. Besides the weight reduction, your water bottle will make a pleasant whistling sound, especially when you are battling a stiff headwind (Dr. Bike can't think of a better time for pleasant sounds!!). Happy drilling!! (Note: An article "Weight Reduction Part 32: Do You Really Need Those Handlebars?" written by Dr. Bike will be appearing in BICYCLING magazine in the near future.)

Dear Dr. Bike:

As a recognized authority on bicycling and fitness, what is your opinion of carbohydrate loading and bicycling?

Gorging in Grottoes

Dear GIG:

Carbohydrate loading is a topic of much current debate among persons who participate in long distance athletic endeavors, such as bicycling, marathoning and all you can eat pizza dinners. From my experience in this area, I can not recommend carbohydrate loading to the bicyclist. Spaghetti (a favorite among serious carbo loaders) and other high carbohydrate foods just do not load well on a bicycle. Several years ago, when the first talk of "loading" started, I tried strapping approximately five pounds of spaghetti to my Blackburn rear rack. The results were not worth the effort. Advocates of carbo loading for bicyclists recommend uncooked macaroni, as it fits well into a small handlebar bag or jersey pocket, so you might want to give this a try. Good luck!!

## MINUTES TO JUNE 14, 1983 MEETING

Mark Nissley opened meeting at 7:30 p.m.

1. Pat Gainer and Sue Rippy were appointed to co-chair the Publicity and Safety Committee
2. John Phillips was appointed to chair the Program Committee
3. There was some discussion about a new format for the newsletter.
4. A slide show entitled "The Joy of Bicycling", was shown by John and Debby Phillips.
5. Bruce Werner announced Glen Miller, local hope on wheels, captured 2nd at the State Championship which qualified him for Nationals in Calif. Anyone wishing to help Glenn with the trip financially contact Bruce. Bruce also commented time trials will be held every Tues. night that there is not an SVBC meeting.
6. There was some discussion concerning rain policy IE if the ride were rated a 40% ride and a specified radio station announced 50% chance of rain the ride would be cancelled.
7. Norm Gullikson discussed the upcoming ride schedule.
8. LB Branner made a few comments about articles for the newsletter.
9. Sue Rippy announced she had membership cards available for those who hadn't already received them.
10. Ray Miller explained League of American Wheelmen benefits

and told everyone of upcoming Summer Solstice Century.

11. Ray Miller made a comment about getting T-Shirts with SVBC logo on them and was told P & S Committee was looking into the matter.
  12. The SVBC will consider staging a invitational century ride in September. A committee has been formed to lay the groundwork.
- Meeting closed at 8:30 p.m.
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### NEW SPOKES:

Gregg Mc Gillivray	George Lott
Art and Kathy Fovargue	
Susan Dier	Eddie Loker
Robert Gilmer	Dawn Ord
Drema Norcross	Keith Hershberger
Clifford Fortney	Ellen Messick
Lois Wettstone	Story Family

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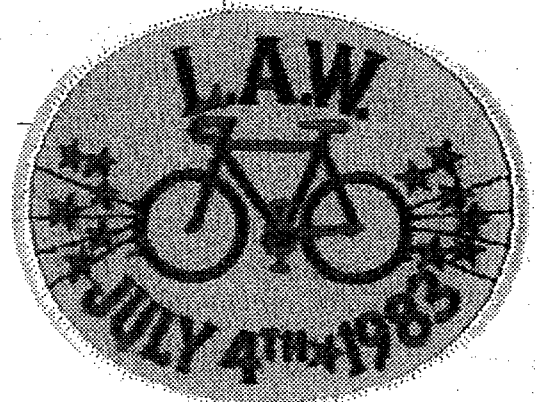
## SHOW YOUR COLORS...

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## WITH L.A.W. PATCHES!

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You've probably seen our beautifully embroidered Holiday and Century patches on your fellow cyclists. If you ride within a week of July 4th or eight other holidays, you can qualify for a Holiday patch; or you can get a Century patch if you complete a ride of 25, 50, or 100 miles or 100 kilometers. As an L.A.W. member, you'll enjoy earning Holiday and National Century patches, which can be ordered directly from League headquarters for a nominal fee.



## UNCERTAINTY OF THE MIND AND DESTRUCTION OF THE BODY

Not so long ago two lone warriors, Ray the sore loser and Norm the unnormal, met in the post dawn haze to plan strategy against an old enemy, the Dark Lord of Massanutten Mountain. As the two left for battle with water bottles full and spirits high they met Sir Arthur Fovargue a new member of the SVBC round table. He was anxious to help them on their mission. A little way up the road the trio was joined by a family of traveling Shakespearean actors John, Debby and baby girl (you guessed it) Macbeth Phillips. The group being quick of limb and tough of derriere arrived at the battle site in no time at all.

While they allowed their wire horses a chance to rest they spied Sir Rodney Yankey and fair maiden Nancy McDavitt coming towards them at full gallop. They asked to be included in the assault and were welcomed.

All of a sudden the air became very still. Each could sense something demanding courage and big lungs lay ahead. Without speaking they mounted their steeds and cautiously proceeded up toward the summit. The road twisted, turned and climbed but could not discourage the travelers.

As the group climbed ever higher clouds mysteriously crept in as if controlled by an unseen evil force. The travelers stopped unable to see their way through the thick gray mist. As if by magic the clouds dissipated a local wizard and his son appeared. They both wore the crest of Story so the travelers knew they had nothing to fear. The wizard and his son were invited to ride along and keep the clouds away.

The group was getting low on provisions so they stopped at a local tavern for water. Some of the travelers tried a local treat called Polar Bars. After the brief rest they started on the final assault. They had been riding only a few minutes when they saw Frier See and his sidekick, know only as Schwinn-Rider, spinning down the mountain towards them.

The Frier said the sight of thirteen riders relentlessly climbing the twisting roads was more than the Dark Lord could stomach, besides the wizard had ruined a couple of his best clouds. His Darkness had fled his fortress and gone to stay with his cousin the Ogre of Swift Run Gap. The weary travelers celebrated their victory atop the castle walls then set out to meet their next challenge - The roving band of potholes that ate Keezletown.



# SVBC CALENDAR

## JULY

2, Saturday, 9:00 AM, Purcell Park. Training ride-40 miles-medium pace. Harrisonburg, Timberville, New Market. Bruce Werner 433-8977.

4, Monday, 9:00AM, Purcell Park. Independence Day Ride-30 miles. Order a "LAW" patch through John. John Phillips 433-3419.

6, Wednesday, 6:00 PM Keister School. "West Side Tour" A rolling country journey along Rt. 910. About 10 miles. Art Fovargue 433-9247.

10, Sunday 10:00 AM, Purcell Park, PICNIC AT TODD LAKE, invite non-SVBC members. Sign up at Mark's, Back Alley or Rear View Bike Shops. A catered dinner will be offered or bring your own food. A ticket will be required due to National Park Entrance Fee. Visit bike shops for all details and get your reservations made.

11, Monday, 6:00 PM, Keister School, toward Keezletown-14 miles. Art Fovargue 433-9247.

13, Wednesday, 7:30 PM, John and Debby Phillips home, 527 Collicello St. Meeting of the RIDE COMMITTEE. All interested people come!

16, Saturday, 8:00 AM, Purcell Park, Century ride T.B.A.

17, Sunday, 10:00 AM, Purcell Park. Back up date for Todd Lake Picnic in event of rain on the 10th.

18, Monday, 5:45 P.M., Spotswood School, Ride over Massanutten Mt. Art Fovargue 433-9247.

20, Wednesday, 6:00 PM, Keister School. Dayton and Silver Lake. A. Fovargue 433-9247.

25, Monday, 6:00 PM Keister School, Zenda and back, 20 miles A. Fovargue 433-9247.

30, Saturday, 2:00 P.M. John and Debby Phillips home, 527 Collicello St. Ride and "Pot Luck Supper" Call Debby 433-3419 by Thursday the 28th to talk about food dishes.

22-30 The Shenandoah Valley Bike Week presented by the Tidewater Bicycle Association Headquarters will be at JMU. Expect over 200 out of town cyclists. We can join them on 33 different rides. Watch Daily News Record for the details.

## AUGUST

6, Saturday, 8:00 A.M. Spotswood School, Breakfast ride so bring some money and your appetite. Art Fovargue 433-9247.

14, Sunday, 12 noon, Purcell Park, Ride to New Market Battlefield, 65 miles of back roads. Bring your swimsuit also. Norm Gulliksen 434-2692.

21, Sunday, 9:00 AM, Purcell Park, Cross over Little North Mt., follow the Shoemaker River, turn left on Rt. 259 to Blue Hole. Bring your swimsuit, lunch and do a ride second to none. Kevin Spitlerand and Joy Miller.

26-28, Fri-Sun., Harrisburg, PA. AGVITTH-2 (Note: Plan your own ride and join the AGVITTH riders at Shelter #3, Westover Park. Pork barbeque will be prepared and served by V.K. Begoon about 4:00 P.M. Dinner tickets will be \$5.00 and will be available at Back Alley, Rear View and Mark's Bike Shops. Registration forms for AVGITTH-2 will be printed in the Daily News Record, the week of June 20th.

\*9, Saturday, 10:00AM, Elkton, Va.-up coming race -Brooke Willson, 298-8250 or Bruce Werner, 433-8977.