

SHENANDOAH VALLEY BICYCLE CLUB



Affiliate

VOL. 1 ISSUE 7

SEPTEMBER

SVBC OVERNIGHT BIKE TRIP

The SVBC's Fall overnight trip will be held on October 8 + 9. Our destination will be Highland Retreat, about 30-35 miles northwest of Harrisonburg. We will leave on Saturday morning and bicycle to Highland Retreat, stay for the evening, and return on Sunday. Overnight arrangements will include the possibility of either camping or cabins. A sag wagon to carry gear will be provided. A planning meeting for persons interested in participating will be held on Oct. 4 at 7:30 PM at the Phillips' (527 Collicello ., Hburg). Contact Debby Phillips (433-3419) if you are interested.

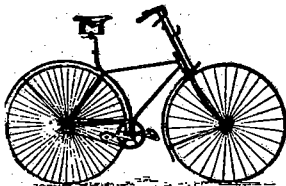
Worker's Century, September 11

This 100 mile bike ride follows the route for the 1st annual S V Century the next Sunday. We'll check out the route, paint some arrows, and verify (hopefully) the map. It is for those who will be working the ride on the 18th. However, if you can't make the century the 18th, or you have a strange desire to ride 2 centuries in September, feel free to come. Meet at 7:30 AM (we'll leave at 8) at the ~~armory~~*. Bring lots of water and your own munchies and etc. as we will be self contained, i.e., no services.

* H'BURG RECREATION CENTER, DOGWOOD AVE

Craig Mauck,

Eat your heart out!



Low curved diamond 1890

CASS SCENIC BIKE RIDES

The Mountain State Wheelers will sponsor the sixth annual Cass Scenic Bike Rides on October 2. The rides consist of challenging 36, 66 or 102 mile tours through beautiful Cass, WV. On Saturday, October 1, the Wheelers always do a warm-up ride to the Green Bank Observatory. Registration for the ride is \$5 (\$9 after 9/25), and includes lunch, snacks, sag wagon and map. Registration forms will be available at the Sept. SVBC meeting. Some folks from the SVBC are definitely going, so let's try to work out some arrangements. Contact Norm at 434-2692.

LET'S MAKE A DEAL!!

The highlight of the SVBC's September meeting will be the long awaited "Swap Meet!!" A Swap Meet is sort of a bicycle flea market, at which folks bring their collection of unwanted and unused bike equipment (from ball bearings to complete bikes). Participants then bargain with each other to swap articles of interest. (One person's junk is another person's treasure!) So get up to the attic, out to the garage or into the closet, find those treasures, and bring them to the September meeting (Tues., Sept. 13, 7:30 PM, at the Armory). Tables will be provided to allow for the display of your wares. Come prepared to make a deal. Sorry, Master Charge and Visa will not be accepted.

ASK DR. BIKE

Dr. Bike is back to share more of his thoughtful insights into the wonderful world of bicycling. He is happy to report that bicycling is alive and well in the Shenandoah Valley. Dr. Bike's only prescription for better bicycling is to do more of it!

Dear Dr. Bike:

Often when talking to veteran bicyclists, the term "gear inches" crops up. The value of this term usually ranges from 25 to 100. In addition, they often chuckle when they say "25 gear inches." What is the meaning of this bicycling term?

* * * *BAFFLED IN BROADWAY* * * *

Dear Baffled:

The term, gear inches, is used to describe the "highness" or "lowness" of one's gearing on a multi-speed bicycle. (As we will see, the terms "tallness" or "shortness" are more appropriate). The number of gear inches of a particular gearing combo is calculated by dividing the number of teeth on the selected front sprocket by the number of teeth on the gear selected on the rear. The resulting ratio is then multiplied times 27 inches. For you metric folks with those 700 mm wheels, multiply by 27.5 inches. The resulting number is the height of a person who could easily spin the selected gearing combo at 100 rpm on a flat, well-paved road with a 10 mph headwind. For example, suppose you had a 24 tooth gear on the front and a 26 tooth on the rear. (Did Dr. Bike hear laughter?) Tickling the calculator ends up with the selected gearing being equivalent to 25 gear inches. This means that a person 25 inches tall could easily pedal this combination. Hence, a low gear is a "short gear" and a high gear is a "tall gear." I hope this clears up the confusion. Happy calculating!!

A HOT RIDE AND A FULL BELLY

The SVBC's first Culinary Adventure was a rousing success. Good cycling, great food and fine fellowship made for a very enjoyable afternoon and evening. Approximately 20 adventurers participated, beginning with a hot and sticky (mostly the road surface) ride to Mt. Clinton, with a few opting for a bit longer ride to Singers Glen. With the obligatory bicycling out of the way, the group got down to the main business of the day - the potluck dinner. As one cyclist was heard to say, in between mouthfuls, "bicyclists prefer seafood, if they see food, they eat it!" To put it bluntly - they saw and they ate!! From baked beans to zucchini - it all disappeared. The feast was topped off by two delicious batches of homemade ice cream (banana and a mysterious "wineberry"). Thanks to everyone who helped make the adventure a great time. At least one person was heard to say "Hey - we should do this again sometime!" You bet!!

Shenandoah Valley Century Update

We are moving along with plans for our September 18 century with 25, 50 & 100 mile rides. Posters are being made up, route selection and scouting has been started, and various foods are being priced. Speaking of food, we hope one of the memories of this ride for people will be the baked goods at the finish. To accomplish this we ask all of you to donate some baked goodie type item. Drop them by the Phillips' (527 Colli-cello, H'burg(433-3419)) on Sat. the 17th, or bring to the armory by 11 AM on Sunday the 18th.

Six people have volunteered to assist with registration and the checkpoint; we feel we need 2 more. Anyone who could volunteer to help us out in this area (all or part of the day) please call Art Fovargue (433-9247). We also need volunteers to take care of some pre-tour details. If you have some time call Art.

Lastly, the next meeting of the century committee is Sept. 6 at 7:30 PM at Art and Kathy's house. Open to all.

Hope to see all of you on the 18th, either riding or volunteering. Thanks.

You can ride a century

By **JIM FREMONT**

Ride a bike 100 miles in one day? Sure, thousands of people do it every year, especially during September, National Century Month. Last year, 8,564 riders earned League of American Wheelmen national century patches by riding 100 miles in less than 12 hours. Another 7,662 earned other distance patches by pedaling a national quarter century (25 miles), half century (50 miles) or national metric century (100 kilometers).

For September distance rides, individuals, as well as any bicycle club or organization, can order national patches. To qualify for a patch, full centuries—100 miles—need to be ridden in 12 hours or less, quarter centuries in three hours or less, half centuries in 6 hours or less and metric centuries in 7.5 hours or less.

National patches can be ordered for \$1.50 each from the League of American Wheelmen, P.O. Box 988, Baltimore, MD 21203. (Enclose a self-addressed, stamped envelope.)

miles on weekends. Don't try doing that at first, though. Ease up to it by riding 10 or 15 miles at a time, then going up to 20 or 25, then up to 30 or 40. Within two or three months you'll be surprised at what you can do.

It's also a good idea, if possible, to ride a couple of times during the week, maybe eight or 10 miles after work on Tuesdays and Thursdays. Then you don't start losing the conditioning you've built up on Saturdays and Sundays.

When you're out there tackling a century, remember that it's a distance ride and not a race. It's best to pace yourself so you can keep going long distances without wearing yourself out. Resist the temptation to keep up with someone going faster than your accustomed pace.

Other pointers to practice are the com-

mandments of Velocio, the "patron saint" of cycling who lived 100 years ago: Eat before you're hungry, drink before you're thirsty and rest before you're tired.

You can help your endurance (and your knees) by shifting to a lower gear just as you begin climbing a hill, not when you're halfway up. Your derailleur will also appreciate it if you don't wait to shift until you're halfway up the hill.

Where do you find a century to ride? If your bicycle club doesn't sponsor one, you can probably find one reasonably close to you by checking the Cycling Calendar printed monthly in the League's magazine, *American Wheelmen*. Many of the League's 480 affiliated clubs list their centuries and other invitational events in the calendar. Or you can plan your own route and do the distance on your own.

HOW DO YOU SPELL?

For those of you with a keen eye, you certainly noticed the varied spellings of our cherished Century coordinator and evening ride leader's name, Art Fovargue, in the August newsletter. Due to our continued inability to spell Fovargue, the SVBC is asking Art and Cathy to change their last name to Doe. We sure do enjoy those evening rides led by Art Dough!

BICYCLE RIDE — SEPTEMBER 18, 1983

SHENANDOAH VALLEY CENTURY

SPONSORED BY SHENANDOAH VALLEY BICYCLE CLUB

Come ride 25, 50, or 100 miles through the beautiful Shenandoah Valley and enjoy a bicycle ride you will not soon forget.

100 mile ride: Registration 7:00 a.m.
Start 8:00 a.m.
25 & 50 mile ride: Registration 9:30 a.m.
Start 10:30 a.m.

National Guard Armory — 340 S. Willow Street, Harrisonburg, Virginia

Food, drink, baked goods, and maps provided. Sag wagon service, checkpoints, and optional patches

Pre-registration forms available at Harrisonburg bicycle shops;

Or Call:

Art Fovargue (703) 433-9247
Mark's Bike Shop (703) 434-5151
Back Alley Bikes (703) 434-9484



During other months, sanctioned patches for these distance rides are available only to League-affiliated clubs, which may sell or give them to riders who qualify.

Going the distance

Century rides are popular because they give riders a goal to work for and look forward to. Riders who complete any of the distances, 25, 50, 100 miles or 100 kilometers, join a special kind of fraternity (or sorority) of cyclists who have met the challenge and earned a patch. What's more, these rides are fun!

Often, riders sort themselves into groups of two or three as the ride progresses, and then talk the miles away. If you're doing a full century, you'll notice that conversation tends to lag after the 75 mile mark or so. (Wonder why?)

Preparing to complete a century comfortably doesn't take any magic formulas. All it takes is the self-knowledge and conditioning that come from riding, riding, and riding. It requires getting out two to three months before the big event and riding 50 to 70

SVBC CALENDAR

SEPTEMBER

- 5, Tuesday, 7:30 P.M. Meeting of Shenandoah Valley Century Committee. Art's House*.
- 11, Sunday, Shenandoah Valley Century Worker's Century. Call Art* for details.
- 17, Sat., 7:30 AM, (REPEAT) breakfast ride to Riverside Restaurant in Broadway. C pace, about 30 miles, bring money and appetite. Leave from Waterman Elementary School. Art Fovargue
- 18, Sunday, Shenandoah Valley Century, 25, 50, 75, 100 mile rides. See August newsletter and future issues of Daily News Record for details. Also call Art* if you have questions.
- 25, Sunday, 10 A.M., Purcell Park. 40 - 50 mile ride. Kevin Spitler leading.
- Wednesday Evening Rides, 5:30 P.M. Keister School.
- 14 - Larry Fulwider
21 - Dave Lewis
28 - Debra Crabill.

OCTOBER

- 1 & 2, Saturday and Sunday. Cass W. V. Tour. An invitational tour sponsored by the West Virginia Big Wheelers. Applications for registration are available at bike shops. Call Norm** if you plan to go and car pooling will be discussed.
- ??, Saturday and Sunday (dates open). First Fall Overnight, Highland Retreat. Call John and Deb*** for details.
- *Art Fovargue - 433-9247
**Norm Gulliksen - 434-2692
***John & Deb Phillips - 433-3419

SEPTEMBER

- 6 Time Trial (See August 2)
- 20 Time Trial (See August 2)
- 25 Valley Mall Criterium Race, Valley Mall 10/20 mile, 2:00 PM
Bruce Werner 433-8977
- 27 Final SVBC Tuesday Night Time Trial, 6:30 PM Dry River. Bruce Werner
433-8977
- Time Trial, Dry River, 10 and 25 mile, 6:30PM, B. Werner 433-8977
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