

STAYING IN SHAPE OVER THE WINTER

Remember last Spring? The weather was cool and crisp, your bike was clean and shiny, and your legs and other parts (left to your memory) **were woefully out of shape!!** Come to the November SVBC meeting and you'll hopefully learn a couple of ways to avoid those "Spring Sores." The meeting (Tues, 11/8, 7:30 PM, Armory) will show you some ways to stay in shape over the long, cold winter. Various pieces of bicycling exercise equipment will be available for demonstration and use. Most of the equipment uses your own bike, and simulates riding in the great outdoors (dogs are an option). The equipment will include various brands of rollers, the popular "Racermate" and maybe just a modified Sears exercise bike. This equipment allows the bicyclist to maintain and improve cardiovascular conditioning, while at the same time improving the ability to handle the bike. In addition, we will also spend a little time talking about the most comfortable and practical ways to ride in winter. Winter is not here yet, but it won't be long. Take advantage of this opportunity to "test drive" some winter exercise equipment, and maybe you'll consider adding something to your list for Santa!!

SVBC ELECTIONS

With the close of the SVBC's first year rapidly approaching, it is time for the club membership to elect new officers for the coming year. Elected officers of the SVBC are: president, vice-president, secretary and treasurer. The SVBC Constitution outlines the election process. All nominations for positions will be handled through a nominating committee (NC) appointed by the President. In order to get nominations from the club membership, the NC will solicit nominations at the November meeting. In order to encourage nominations, they will be submitted anonymously on paper. The NC will check with each nominee to determine if that person is interested, and if so, add their name to the ballot. If nominees for a particular position are lacking, (ie, less than 2), the NC will attempt to find at least one additional nominee for that position among the membership. Once all of the nominees are determined, the NC will prepare a ballot which will appear in the December newsletter. Ballots will be due at the January SVBC. If you can not attend the meeting, ballots may be submitted by mail. Details will appear in the Dec. newsletter. Be thinking of who might do a good job as an officer, and nominate that person. If that person is you, the NC encourages you to nominate yourself. Nominations may be sent to the NC by mail if you can't attend the meeting or would like more time for consideration. All nominations must be received by Nov. 18. Mail to: John Phillips, 527 Collicello St., Hburg 22801.

A POSTCARD FROM DR. BIKE

The SVBC was a bit worried about Dr. Bike until we received a postcard from him just the other day. It appears that Ol' Dr. B has taken off for the sun and sand of Florida to restore his creative energies and sun tan. His postcard is from the Everglades, and shows a bicycle being devoured by an alligator. Dr. Bike says that bicycling in Florida has many new hazards that are not found in Hburg. He ends by saying that your letters are being forwarded, and that he wishes we were there. We doubt if he means it.

TENTATIVE SVBC PROGRAM SCHEDULE

- NOVEMBER - **WINTER EXERCISE**
- DECEMBER - **CROSS COUNTRY BIKING**
THE ART FOVARGUE SHOW!!
(BRING SOME GOODIES!!!)
- JANUARY - **SVBC ANNIVERSARY CELEBRATION**
POTLUCK DINNER, AWARDS, AND
"A YEAR IN REVIEW" SLIDE SHOW!
(DETAILS IN DEC. NEWSLETTER)
- FEBRUARY - **ROCK AND ROLL IS BACK!!**
MOUNTAIN BIKING, MOVIE AND
SLIDES
- MARCH - **WE'RE BACK IN THE SADDLE AGAIN!!**
SOME MAINTENANCE TIPS FOR THE
SPRING