Despite some formidable competition from the TV networks, a quartet of members showed up at the Ray SVBC meeting. After a brief discussion of some club business, bicycle touring equipment was discussed, exhibited and demonstrated. Several club members' bike equipment to show off. Several even brought fully loaded bikes. It does not take much prodding to get a touring enthusiast to "show off"! (Everyone at the meeting is anxiously awaiting word of how Mario and Myrhild's new "high tech" cooler made out on the N. California trip!!) Thanks to everyone who participated.

** JUNE MEETING - MAINTAIN THAT MACHINE **

One of the great things about bicycles is their durability. With a bit of care, some simple, routine maintenance, and some occasional more complex upkeep, your two-wheeled steed should continue to provide reliable and enjoyable transportation indefinitely. In order to assist club members with the maintenance tasks necessary to keep the bike in top working order, the program of the June meeting will be on bicycle maintenance. Given the variety of backgrounds in the club, the program will be split between simple (flats, brake, derailleur adjustments, on road repairs) and more complex (hubs, bottom brackets, headsets) maintenance jobs. "Experts" and bikes will be available for demonstrations and "hands-on" experience. Someone probably once said, "take care of your bike and your bike will take care of you!" Plan to attend the June Shenandoah Valley Bicycle Club meeting, Tuesday, June 12, 7:30 PM at the Napa-Napa National Guard Armory on Willow St. Bring a bike and make a bike repair expert of yourself.

** UPCOMING SVBC MEETINGS **

Progas committee chairwomen Mary Lu Lewis and her trusty sidekick Dave have been working hard to plan interesting and informative programs for the club meetings. Upcoming programs include bicycle safety on the July meeting, and a potluck supper at the August meeting. If you have some ideas or would like to help out with club programs, contact Mary Lu or Dave.

** SVBC EXECUTIVE COMMITTEE MEETS **

The SVBC Executive Committee met on June 4. The Executive Committee is composed of the club officers and the heads of all club committees. Meetings of this committee serve to keep tabs on what everyone is up to, and also allows for an exchange of ideas about where the SVBC is headed. A number of items were discussed, and details concerning some of these items will be found in the old newsletter, and at the next meeting. As always, if you are interested in seeing the club pursue some new things, or want to help out with the old things, contact the officers and/or club committee heads. Get involved!

** PUBLICITY - GETTIN' SOME! **

Eleanor Price, head and sole member of the SVBC Publicity Committee, has been doing a great job of publicizing some SVBC rides in the Daily News Record. Eleanor has some other good ideas for letting the public know about the existence and goals of the SVBC, but she needs some help. If you would like to help out, contact Eleanor.

** SVBC OFF ROAD **

Off-road, all-terrain, mountain, fat-tire or whatever you want to call it bicycling is gaining in popularity. Therefore, the SVBC is interested in sponsoring some rides for mountain bike enthusiasts. Craig Mauck has volunteered to serve as the head of the Offroad Bike Committee. Due to the unique nature of this type of biking, the committee's first objective is to develop a set of guidelines for SVBC sponsored offroad events. Anyone interested in helping out with SVBC offroad cycling should contact Craig. His shop is probably the best place to locate his, Little Bald Knob or another offroad trail would be a good second choice!

** PRESIDENTIAL PREMISULATIONS by Ray Miller, SVBC president **

If this article gets in on time for printing, it won't be from my cooperation. Things have been hectic lately, but that's no excuse. Next Tuesday evening yours truly will be giving a bicycle safety program. This program will be given to the children of the Boys Town Young Homemakers Club (I hope the adults pay attention). If you ever have a chance to give a program on bicycle safety, please do. It is good publicity for the club and you may help prevent a future fatality.

The club committees have been doing an excellent job this year, and I would like to take this opportunity to thank you all for a job well done. Art wanted me to say something about my July ride. I've decided to make it a Timberdoodle ride instead of leaving from Hourglass. It will be a 90 mile and 30-40 miles with hills, mountains, rain and wind. Only hardy souls need show. Good riding in June.

** OF INFIRM MINDS AND PURE BODIES! **

On Saturday, May 29, seven bikers and one car in a bike trailer met for breakfast to prepare for the second annual "Infirmary of the Mind and Purification of the Body" bicycle ride over Mount Tamalpais. After a hearty (heavy?) breakfast, the group set out. About half of the group (Craig Mauck, Ray Ritchie, Rodney Yankey) decided to take a fast pace, while the other half (David Lewis, Ray Ritchie, Beth, Debby and John Phillips) opted for a more leisurely pace. All of those who rode the first HILL RECORD SET

4.2 miles of mountains and other natural inlines, the quarter century (25 mile) ride last Sunday has to have set some sort of a record for the most hills per mile! (I calculated 3.14 hills per mile with my Aja bike computer). There was a rumor that the children riding in trailers (three of 'em) were even suffering from a bit of sea sickness from the cookies and cold water from the friendly and generous folks on the side of the road may it all worth it. Thanks to Dave Lewis for providing SOME (hills) sort of ride! 

** STEEPEST HILL IN THE WORLD CONTEST **

Continuing the discussion of inlines, the Shenandoah Valley is noted for a number of things, and one of them is hills. Now we've all been hearing these stories of the "steepest hill in the world", but now it is time to evaluate these statements for what they are worth. Time to test your skills where your mouth is, one might say. Anyway, here is how the contest works: Submit to the Newsletter editor your description of the steepest hill in the world. A hill is classified as a paved road not located in a mountain range. Provide a description, location, etc. and a short narrative about what makes this road so steep. It is steep from a physical point of view or psychological for both, a definite candidate? If you've climbed hills, you'll understand. Entries will be published in the SVBC Newsletter, and as soon as we figure out how to evaluate them, we'll let you know. The winner will receive a bag of Phillips' Phamous Hill Climbing Beans! Enter today, void where prohibited by flatness!

** SVBC CLASSIFIED **

** SALE: 26" Schwinn Collegiate Sport, Black, exc. cond., best offer ** (707-942-2306, Waynebors)

** FOR SALE: Two wheels, front and rear, Suzue Rigs, Rigida tires (700c), Tret tires, 433-0618 (days), 867-9495 (even)**

** FOR SALE: 25" Frame, Japanese, chromeoly tubing, stripped, somewhat primed. Also old worn out bottom bracket. Sell or trade for Santana tandes (25/21) (433-249)

** FOR SALE: 26.5" Fuji bicycle frame, Brake-ones. Call Rodney Yankey (994-2468)

** FOR SALE: Pacer 2000 with heart monitor, $100 or best offer. Contact Eleanor Price (474-6491)
**MALE 5 WOMEN by Bruce Werner, SVC Racing Director**

Tuesday 10 mile time trial results: for May in alphabetical order.

<table>
<thead>
<tr>
<th>NAME</th>
<th>5/15</th>
<th>5/23</th>
<th>5/29</th>
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<tbody>
<tr>
<td>Scott Brooks</td>
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<tr>
<td>Al Clague</td>
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<td>John Cole</td>
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<td>30:07</td>
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<tr>
<td>Steve Cole</td>
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<td>Doug Degen</td>
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<td>Dave Frye</td>
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<td>Ed Gainer</td>
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<tr>
<td>Dale Hartlitz</td>
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<td>Dennis Herr</td>
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<td>Jeff Landis</td>
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<td>Sue Lach</td>
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<td>Dave Lewis</td>
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<td>Mary Lu Lewis</td>
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<td>Craig Nauck</td>
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<td>Greg McMillan</td>
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<td>Larry Nuckolls</td>
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<tr>
<td>Debby Phillips</td>
<td>30:29</td>
<td>34:22</td>
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<tr>
<td>E.J. Phillips (tandem)</td>
<td>34:50</td>
<td>34:22</td>
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<tr>
<td>Sue Rippy</td>
<td>31:50</td>
<td>29:19</td>
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<td>Curtis Bee</td>
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<td>Richard Sheehan</td>
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<td>Janie Smith</td>
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<td>Tim Wolters</td>
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**MOST IMPROVED MALE:** Scott Brooks - 2:15
**MOST IMPROVED FEMALE:** Sue Rippy - 2:31
**FASTEST TIME '84:** Steve Cole - 23:24
**COURSE RECORD:** JIm Strang - 22:42

President - Ray Miller
Vice President - Art Favargue
Treasurer - Sue Rippy
Secretary - Kathy Favargue

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Ten SVC members took part in one way or another on the "Overnight to Broadway" tour. The weather was excellent, and it turned out that there were showers after all. Stay tuned for the next overnight!

A couple of new things for this month. First off, in an attempt to attract some new faces on our rides I love the old ones, just want some new ones, too!, we are offering two strictly novice rides during the month of June. If you don't want to ride at an E pace, please don't come. Alternative rides are scheduled. The Novice rides will hopefully serve as an introduction to bicycling to folks who may not be as familiar with recreational cycling. In addition to some easy riding, these rides will take some time to discuss some riding tips and safety and answer questions. If you'd like to give bicycling a try, come out to the novice rides for a starter.

Secondly, Ray Ritchie has initiated a series of Monday night bicycle rides in the Broadway-Timberline area. These are all C or D pace. So head on down for up to Plains Elementary School, Monday evenings at 6 PM for some pleasant diversion.

Two upcoming events that need some planning are the Todd Lake Picnic (tentatively July 15) and our National Century in September 16th. I'll be talking about these at the next meeting. If you have any interest in helping, please let me know. We would also like to have some other half, metric and full centuries, so if you wish to get involved - contact me.

Lastly, please note elsewhere in this issue the "Tips for Ride Leaders" and the "Tips for Riders." The touring committee has worked hard on these. We welcome any comments you may have on these, so please read them through. Thanks! Have a great month of cycling.

P.S. I need volunteers to lead rides!!!

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**TIPS FOR RIDE LEADERS**

1. Plan your ride ahead of time. Be familiar with the route and road conditions. Try to use low traffic, safe roads. Inform the touring director of the date, time, place and ride code for inclusion in the ride calendar.
2. Provide a map of route if possible (issue a copy for the touring director)
3. Carry basic repair tools and first aid kit to assist those in need.
4. Have all riders fill out a ride release. Return to the touring director.
5. If there are any riders you honestly feel wouldn't be able to complete the ride, express your concerns to the leader and perhaps politely discourage.
6. Review route, basic rules of the road and ride guidelines before the start.
7. Schedule rest stops as needed and appropriate.
8. Encourage safe and courteous riding - ride a good example.
9. Keep the ride pace as listed in the calendar.
10. Keep track of the last rider during your tour. This can be accomplished by having a person ride "sweep" (arrange ahead of time) or by yourself riding near the back.
11. Never leave a rider in trouble without definite "rescue" plans.
12. Be able to account for all riders at the end of the ride.

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**TIPS FOR RIDERS**

1. Arrive, ready to go, a few minutes before the advertised time with a bicycle in good condition. Be aware of the ride code.
2. If you have questions, ask the ride leader.
3. Obey all traffic regulations - remember bicycles are vehicles and have no special privileges.
4. Ride predictably - signal turns and other moves otherwise, ride in a straight line.
5. Give verbal signals to other cyclists such as "on your left", "car back", or "hole."
6. Ride in single file any time a car will pass. Maintain single file in heavy traffic areas.
7. When stopping to rest, get yourself and your bicycle completely off the road. Leave room for other cyclists to stop off the road, too.
8. Notify ride leader if you will not be returning to the finish point or if you quit early.
9. Carry some tools, spare tube, etc if you have them.
10. Bring plenty of water in warm or hot weather.
11. A hard shell helmet is strongly recommended.
On off-camber trails, weight the inside pedal to the rear, instead of the usual outside down. Any slips find you still on the bike, if not on the trail.

Knobby tires are designed for maximum traction on dirt or gravel, and do not provide exceptional stopping or cornering traction on smooth surfaces like asphalt and concrete. Knobbies will sometimes "wash-out" or slip without warning when ridden on these smooth surfaces. Look out!

June 8, Fri - ride flat, local legal trails and talk about bike handling, 5:30 PM Westover Park

10, Sun - ride to Union Springs to cruise the Blueberry Trail, 25 miles total, 3-5 mi on trail - not too steep. 2PM, Westover

14, Thur - a search for a road I got lost on in May, 20 miles total, 5 miles of smooth, fast gravel road, 5:30 PM, Westover

17, Sun - meet those of us who ride up Sat on Flagpole Knob, and ride down to Union Springs. We will leave a pink marker on Union trail where we camp up at the top. Ride back about 2PM

24, Sun - ride up towards Reddish Knob, and we make a whole day of crossing the ridge down to Rawley Springs! 35 mi total - 15 mi of awesome trail on National Forest land. Brine food, money and two water bottles!! Leave Westover 9AM or meet at Home Quarry at about 10. Contact Craig Mauck for more info about these rides.

****** LETTERS TO DR. BIKE ******

Dr. Bike called the other night to say that he is up to his seat post with work in his training of the U.S. Olympic Cycling team. He did not have much to report since he was calling from a pay phone, and was short on change. He did say that he had answered some members’ letters, and that he would be sending them on. Fortunately, they arrived in today’s mail.

Dear Dr. Bike:

I recently purchased a Colnago racing bike. It is really neat, I like the way the wind whistles through the bottom bracket. I have taken it out to several time trials, and given my performance once I left before I was finished, hey it’s not my fault it got dark! I have decided to take up fat tire bicycling. I cashed in my life insurance policy to buy that Colnago, is there any way to convert it to a fat tire bike?

Skinny in Stanardsville

Dear GIS:

I have been asked this question many times in the past year. It seems that more and more skinny tired folk are going to this fat thing. My response is always the same, what would you do if you wanted to ‘get fat?’ Of course, eat lots of high calorie “fatty food” and don’t exercise. Take that beautiful thin Colnago, loosen up the threads on the sew-ups, and feed it lots of chocolate milkshakes and cookies. Lock it in a closet between meals, and do not take it for a ride for at least two months. Works like a charm. You’ll have a fat bike of which you can be proud. (Note: have you seen Schwinn’s newest fat tire bike, it used to be a slim Paramount?) Good luck!

Dear Dr. B,

I recently purchased a Jack Taylor tandem in mint condition at a yard sale in Mt. Solon. How much is this bicycle worth?

Two-seated in Timherville

Dear Dust:

There is a popular rumor among bicyclists that the Taylor tandem is one of the best. Furthermore, everyone says that ol’ Jack has retired over there in England and does not build bikes anymore. This is hogwash, I know for a fact that Jack Taylor is only 50. Furthermore, he does not know how to build a bike. As a friend, I’ll give you $20 for the tandem. (My check is enclosed, send the tandem immediately! Be more cautious at yard sales!!)

leck Alley Bikes and Mark’s Bike Shop contribute to the cost of the SVBC
June

10, SUN "Down in the Valley" - 1PM, New Market Elem. School, New Market. 41 miles, class B/C. Leader: Ed Funkhouser (477-2911)

11, MON "Inaugural Mon. Niter" - 6PM, Plains Elem., Tiaberville. 15 miles, class C. Leader: L.B. Branner (896-2386)

12, TUE Time Trial, 6:30 PM, Dry River Rd. 10 mile course, flat. all welcome. Leader: Bruce Werner (433-9877)

13, WED "Greenmount/Full Moon Ride" - 6PM, Keister Elem. 2 loops - 16 or 20 miles, B or C pace. Leader: Art "werewolf" Favargue (433-9247)

16 SAT Pace Line Ride, For beginning to intermed. riders, class C. Learn how to echelon, ride in group. Contact B. Werner for details (433-9877)


18, MON "Mon. Niter", 6PM Plains Elem., T'ville. 15 miles, D pace. Leader: Nancy Ritchie(896-2913)

19, TUES Time Trial, 6:30PM, see details above

20, WED "Grizzly Bear Ride", 6PM, keister, 20 miles, B pace. Leader: Dave "bring' em back alive" Lewis (867-5365)

20, WED "Novice Ride", 6PM, waterman, see above for descrp., class E. Leader: A. Favargue (433-9247)

21, FRI "Ride with 40VTHM III", informal ride with official group to Winchester, approx 70 miles, class B/C, contact J. Phillips (433-3419) or Dave Lewis (867-5365) for details.

23, SAT "Old Furnace Road Ride", 10AM, Purcell Park, 10-15 miles, C/D pace. Leader: Donna Werner (433-9877)


26, TUE Time Trial, see above.

27, WED "Wed Niter", 6PM, Keister. 15-20 miles, C pace. Leader: Nore Bulliksen (434-2492)

JULY

1, SUN "Sunday T'ville Ride", contact Ray for time and starting point in T'ville, 30-40 m, D pace. Leader: Ray Miller (867-1576)


3, TUE Time Trial, see above.

4, WED "Wed Niter", 6PM, Keister. 15 mi, B/C Pace. Leader: Greg McGIllivray (434-4011)


7, SAT "Watermelon Ride", 1PM, at Werner's(near Purcell Park). 20-25 miles. A-C pace. Ice cold watermelon after ride (moonsness, it's tasty) Leader: B. Werner (433-9877)


11, WED "Paint Break Ride", 6PM, Keister. Up and over Massanutten from the K'town side. 25-30 mi, class B. Leader: J. Phillips (433-3419)

14, SAT "Todd Lake Overnite", tentative, contact Art Favargue if interested.

15, SUN "Todd Lake Picnic", transport for food provided. About 50 mi round trip. Ride at own pace. Leader: TBA

15, MON "Mon. Niter", 6PM, Plains Elem., T'ville. 10 mi, C pace. Leader: Rodney Yanke (896-2648)

17, TUES Time Trial, Bruce is on vacation!! Anyone who wants challenging, valuable experience running a time trial please apply it's easy!!) contact B. Werner (433-9877)

RIDE CODE:

Class A: For strong, experienced riders, 25 to 100 miles at 14 to 22 mph average. Few, if any, stops. Expect difficult terrain.

Class B: Consistent pace, 15 to 60 miles at 12 to 16 mph average. Some hills likely. For the competent cyclist. Some stops.

Class C: For average riders - ride 10 to 35 miles at an average pace of 8 to 12 mph. Stops definitely included - hills kept to a minimum.

Class D: A ride of 5 to 15 miles on any type of well-maintained bicycle. Frequent stops, mostly easy terrain, less than 10 mph average.

Class E: Leisurely, slow pace, family rides. All rides together as a group.

No pre-registration required to participate. If you were born on a Sunday, just come and ride the ride leader.