Several members of the SVBC made their way north to Frederick, MD to participate in the Frederick Fall Foliage Frollic, sponsored by the Potomac Peddler Touring Club of Washington. All accounts were that the ride is one to be included on everyone’s calendar. Many rides of different lengths and types were available. It was a great way to meet some new friends and enjoy the camaraderie that makes up so much of this type of bicycling.

**SVBC MEMBERS FROLIC IN HARRISBURG**

For those who couldn’t get away to Frederick for a frollic, there was a Fall Frollic available in Harrisburg. The Farringtons’ led a very pleasant ride out along the base of Hassencltern and south back to Harrisburg on Sunday, Oct 14. A good turnout and beautiful weather combined for a fun frollic. Thanks to the Farrington’s!!

**THE LAST WEDNESDAY NIGHT RIDE**

Well, as the long days of summer turn into the shorter days of autumn, the SVBC bicyclist begins to realize that the Wednesday night rides must come to an end. It’s tough to give it up. To help sooth some of the pain, the last Wed nite (Oct. 24) was celebrated with a dinner at the Heritage after a short, and somewhat dreary (the weather sort of fit our mood that this was the last ride). Since a large number of our Wed. evening rides ended with a meal at a local eatery, someone suggested why not continue to get together for a bike out once a month? This sounds like a good idea, so the first "SVBC Night Out" will be on Friday, November 30 at 6:00PM at the Golden China Inn on Water St. in Harrisonburg. We will all meet there for dinner. Why don’t you join some of your fellow SVBC members for a ‘night out.” We will announce subsequent ‘nights out” in the monthly newsletters.

**NEWSLETTER EDITOR BEES**

If you could see as right now, you would see an ax on my knee begging you for some interest (and even some not so interesting) things to include in the SVBC newsletter. As the winter approaches, newy items sort of slow down as folks tend to go into hibernation. If you have something you would like to contribute, please do. I’ll take things in just about any form, including your description of something over the phone. Something to sell??? Yessirree...sell it right here in this spot. Interested in getting that winter bicycle tour to Bermuda arranged, why not solicit some riders in the newsletter? Contact SVBC newsletter editor John Phillips (435-3419) if you’ve got something for these pages.

**UPCOMING SVBC MEETINGS**

The SVBC program committee members are racking their brains to try to come up with interesting and informative programs for SVBC meetings. A very reliable source says that the committee has come up with some good possibilities for the next few months. The December meeting may be (depending upon availability) a program revolving around a bicycling film. The January meeting will be the second annual SVBC potluck. The one we held last January was alot of fun, and we hope to do even better this coming January. One of the things that the program committee (Mary Lu and Dave Lewis) want to do is put together a slide show of the past year’s club events. If you have any slides that you could donate to the show, let Dave or Mary Lu know (867-5363). Also, if you have any suggestions of a location where the potluck might be held, let ‘em know. Finally, any ideas you might have for a club program, please share them with the program committee.

**NEWS FROM THE LAS VEGAS BICYCLE SHOW**

Word has it that some hot new toys were unveiled at the bicycling trade show in Las Vegas on Oct 7-9. (Are you listening Eleanor?) Campagnolo and Sun Tour had new brakes, rims, hubs, chains, derailiers, pedals, etc. Cannondale unveiled two new racing bikes, the SR-399 and SR-388, both with large tube aluminum frames (Ray Ritchie, are you listening?). Motta and Pinerillo both displayed disk wheeled bikes, these pursuit style bikes should be available in mid 1985. (Hey, Dave!!) Those aerodynamic, tear shaped helmets, as seen in the Olympics, will be available from Monarch. Raleigh entered the composite material market with their "Technium Technology" for light weight frames. Look for this item around 1986.

**INSURANCE ADVICE**

Upgrading your bicycle? Be sure to save the receipts from any new parts you purchase. You may have a tough time convincing your insurance person that the Campy crankset on your recently stolen or wrecked bike really cost all that money without the receipt. So often, bicyclists can’t prove the value of a mangled or stolen bicycle, and therefore, recover much less than the replacement cost from the insurance company. It is also a good idea to make sure your renter’s or homeowner’s insurance covers the full replacement value of your bike, to protect against inflation and depreciation.

"Hey fella, don’t worry, he doesn’t bite."
Ever since the snows of last year, a small group of club bicyclists have had a distant goal in mind. The infamous "No Quiche Ride." This ride, which was invented last year by some devious mind, was held on Sunday, Oct. 21. In great contrast to last year's cold, the day broke warm, windy, and probably fortunately, somewhat overcast. The merry group congregated at Waterman School for a 7:30 AM start. After a brief detour to use some bathroom facilities, the group (of us, plus Mary Lu Lewis driving a food wagon) headed up Rt. 11 for the first goal of the day, New Market. We made that destination at a rather fast clip, and were welcomed by Mary Lu and the first of many wonderful food and rest stops. After a short break, we were back on our bikes, having bid a regretful farewell to two of our group who had other commitments and could not ride the whole way. Our next goal was Luray. So east we headed up 211 and over Massanutten Rte, and down into the valley to Luray, where once again food, drink and rest awaited us. On the bikes again, and another climb up the Blue Ridge and Thornton Gap to the Skyline Drive. A well deserved break at the top allowed us all to regroup, and once again refresh with food, drink and rest. Now, it was south on the Skyline Drive, along with many other sights (unfortunately in automobiles). But despite the traffic, the bicycling was good and very challenging (see the topographical map of the Skyline Drive section below). The initial four miles after leaving Thornton Gap were all uphill. This is not the best way to get loose after an extended rest. The next stop was Big Meadows, and for some of us, it seemed that it would never arrive. It was a welcome site to crest the hill and finally see the sign for Big Meadows. A fierce headwind at this point was not exactly what the doctor ordered. Imagine a group of bicyclists collapsed in front of the Big Meadows lodge, providing some interesting scenery for the tourists. At this 40 mile point, there were several questioning comments about the sanity of all of this, but everyone except for two were able to get back on the bikes and head for our next goal, the Elkton Intermediate School on Rt. 35. So it was onward and mostly downward south on the Skyline Drive to find that Lewis mountain is not the only mountain between Big Meadows and Swift Run Gap. The downhill (probably close to 12 miles) from the last mountain on the Skyline Drive to Elkton was a welcome respite from a long day of climbing. As we waited for the sag at Elkton, we planned our strategy for the last 20 miles back to Harrisonburg, given the fact that a nasty headwind was ahead of us. A nicely paced, pace line helped us make our way back into town. It was a great ride, one that this rider will remember for a long time (probably forever). Thanks to Dave Lewis for leading this year's ride. A real special thanks to Mary Lu for driving the sag, making all of that fantastic food (and not a piece of quiche to be found), and taking care of us along the way. There is some discussion about advertising this ride next year as an invitational sort of event put on by the SVBC. So set a little goal in the back of your mind for October of next year!

**WEEKLY INDOOR BICYCLING - FIGHTING THE BOREDOM**

It has been suggested that the SVBC make some arrangements for a weekly time that folks could get together to ride indoor exercise equipment (rollers, racers, other wind trainers) together. It is hoped that this might accomplish two things. One, it would allow people to exercise together, and maybe help fight some of the boredom of indoor riding. (zzzzzzzzzzzzz) Two, having such equipment available on a regular, weekly basis might provide members without such equipment to try it out. The plans are still underway, but we hope to make Wednesday evenings from 6-8 PM available for this activity. At this time, we are hoping to be able to get a room in the activities center at Nestor Park for this. This would allow members to grab a shower before heading home. In order to work, folks would have to bring their bikes and exercise equipment every week, as there are no storage facilities available. Since arrangements are still being made, contact John Phillips (433-3419) to get the final arrangements. If you have any suggestions to improve this arrangement, give John a call.

**SHEHANOAH VALLEY BICYCLE CLUB**

P.O. BOX 1014
HARRISONBURG, VA 22801

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**ALWAYS USE BRAKES!**

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**AAA REARVIEW BICYCLE REPAIR, BACK ALLEY BIKES AND MARK'S BIKE SHOP GEMEROSLY CONTRIBUTE TO THE COST OF THE SHEHANOAH VALLEY BICYCLE CLUB NEWSLETTER.**