

SHENANDOAH VALLEY BICYCLE CLUB

DECEMBER, 1984 NEWSLETTER

NOVEMBER MEETING - EATING THE RIGHT STUFF

Those folks who attended the last meeting of the SVBC back in November were treated to some interesting discussion concerning the food we eat. Mary Lu Lewis lead the discussion by presenting examples of good, wholesome foods that are good and good for you. Her discussion centered on the complex carbohydrates, which are the basic source of energy for living things, including bicyclists. To enliven her discussion, Mary Lu brought some good, homebaked goodies to prove her point that food that is good for you can also taste good!! That point was proved based upon how rapidly the crackers, cookies and bread disappeared! The stuff was so good, that Mary Lu has relented and agreed to share some of her "secret" recipes. See them below. (Editor's note: the newsletter editor is disappointed that the famous blueberry pancake recipe is not included here. Well, maybe next month) Thanks to Mary Lu for making all feel guilty about eating chocolate chip cookies!

The following recipes are from
American Wholesome Cuisine
by Nikki and David Goldbeck

RYE-WHEAT THINS

1/2 cup whole wheat flour
1/2 cup rye flour
1/4 teaspoon salt
2 tablespoons oil
1/2 tablespoon honey
1/4 cup yogurt
sesame seeds

Combine all ingredients except seeds. Form a smooth dough. If dough is too dry add more yogurt. Divide dough into 4 pieces and roll as thin as possible. Sprinkle seeds on top and roll them into the dough. Cut into pieces and place on an ungreased cookie sheet. Bake 8-10 minutes at 400.

CORN CHIPS

1 cup cornmeal
1/2 cup whole wheat flour
1/4 teaspoon salt
1/4 cup dry milk powder
1/2 teaspoon paprika
1 tablespoon oil
Combine dry ingredients. Add remaining ingredients and mix until dough holds in a ball. Divide dough into 4 pieces and roll each as thin as possible. Place pieces on an ungreased baking sheet. Bake for 10 minutes at 375. Cool on a rack. Break into pieces.

ROCKY MOUNTAIN COOKIES

2 tablespoons butter
1 egg
1/4 cup honey
1/4 cup cottage cheese
1 well ripened banana, mashed
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 cup whole wheat flour
1/2 cup chopped nuts
Cream together butter, honey and eggs. Add cottage cheese and banana. Add remaining ingredients. Mix well. Drop by spoonfuls on greased baking sheet. Bake at 375 for 8-12 minutes.

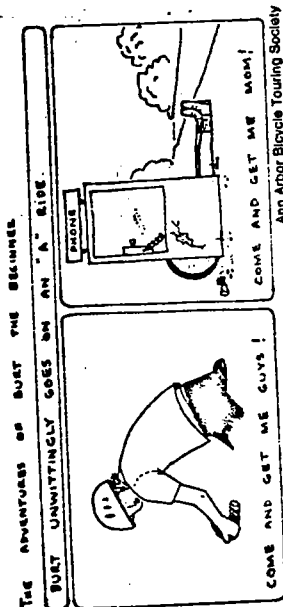
WHOLE WHEAT BREAD

1/4 cup warm water
2 pkg. yeast
2 cups warm milk
2 tablespoons honey
2 cups whole wheat flour
Use these ingredients to make what is called a sponge. Dissolve the yeast in warm water. Beat in remaining ingredients. Cover and let rise about a half hour. Add:
2 tablespoons oil
1 cup cooked mashed sweet potato
2 eggs
3 teaspoons salt
whole wheat flour
Add enough flour to make a moderately stiff dough. Knead for several minutes. Put in a bowl and let rise until double - about an hour. Push down and form into two loaves. Let rise until double. Bake at 375 about 30-35 minutes.

Cure-All

Bicycle riding is the thing for you.
It tones your muscles and cures the flu.
And a scrambled head it tends to mend.
I wish it helped the other end.

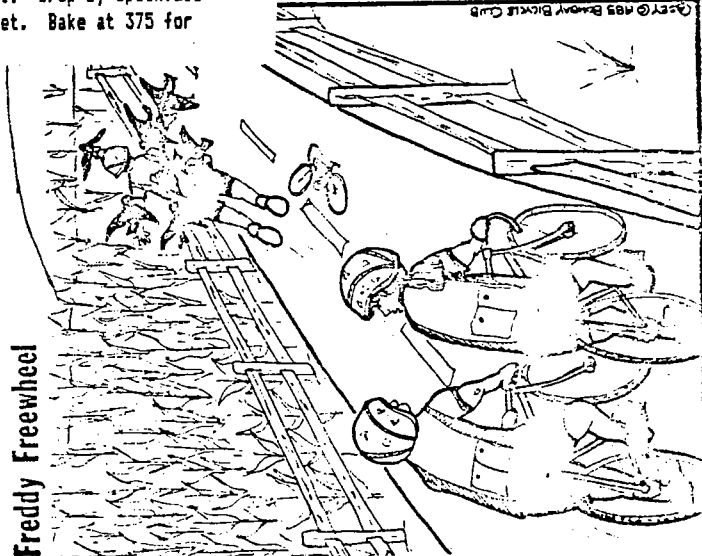
Jim Beckman
Fort Worth Bicycling Association



Wheeling to a different drummer

BY GLENN MORRISON
Evanston Bicycle Club
Evanston, Illinois

The bicycle is not just a recreational vehicle. It is a cutting edge against conformity, a way of simplifying our lives, lessening reliance on centralized utilities and wasteful consumption while building social bridges to others. It is one of those small, seemingly insignificant things we can do that sets us on a path of personal liberation. Pedaling puts things in rhythmic perspective. It gets us in contact with our environment not by video proxy but directly. Defy the trend and dare to hear that different drummer.



THE MORE YOU RIDE THE MORE YOU LIVE THIS YEAR.

JANUARY MEETING - POTLUCK DINNER

Remember last January's meeting when all of those club members showed up with all that good food? Well, January is rapidly approaching, and so it is potluck time again. Details concerning the potluck will, come out in the Jan. newsletter. If you have any suggestions as to where we might hold this feast (the Armory classrooms are a wee bit small for this gala event) give Mary Lu Lewis a call. Also, if you have some slides from the past year's SVBC events, Dave and Mary Lu would like to hear from you. Part of the potluck celebration will include a year in review slide show. So contact our program directors, the Lewises (867-3363), and help make the 1985 Potluck even better than the 1984!!

SOME DECEMBER BIKE HISTORY

- 12/1/1886 - the New York City Bicycle Club ask park commissioners to let bicycles use park roadways.
- 12/5/1896 - at a rural debate in Rooks County, Kansas, the question is: "Resolved that the bicycle is of more benefit than the telephone." The affirmative won!
- 12/18/1845 - R.W. Thompson, a London civil engineer, patents the pneumatic tire.
- 12/19/1885 - Dr. G.M. Hammond reads a paper on the influence of the bicycle in health and disease before the New York Academy of Medicine.
- 12/28/1886 - W.J. Morgan rides 234 miles in Minneapolis, MN without dismounting.
- 12/26/1895 - A cyclist writes to the *British Medical Journal* recommending use of shocks to alleviate uterine displacement and spinal shock in woman cyclists.
- 12/31/1878 - there are 500 registered riders in 11 bicycle clubs in the US.

CROSS COUNTRY SKIING AT BLACKWATER FALLS

Some SVBC members have informally gotten some plans for a cross-country ski trip over at Blackwater Falls in Davis, WV over the weekend of Feb 22-24. Davis is the highest (in terms of elevation) incorporated town in WV, so there is usually a good chance of snow. There is a nice lodge at the Blackwater Falls State Park, which will serve as our informal headquarters. Rates at the lodge are about \$39 for two, \$43 for three and \$47 for four. Crosscountry ski rental and lessons are available at the park. There is also a great sled run. Debby Phillips is acting to sort of coordinate things, although everyone is responsible for making their own reservations. Things fill up fast at this popular park, so act soon. Contact Deb for more details, or if you need some info on sharing accommodations or a ride over to WV. A few of us went last year, and it was a lot of fun.

SANTA CLAUS IS COMING TO TOWN

Well, it's time for ol' Mr. Claus to blow the dust off his red Colnago, affectionately named Rudolf, and load up the old bike trailer with all kinds of gadgets for the good bikies. Wait until you catch old Santa in his new red lycra racing suit. The fur around the neck really sets it off!!! Anyway, we snuck a peek at the jolly old cyclists list, and here are some of the things he's bringing to some of those who have been both naughty and nice...Try and guess who is getting what???

bike trailer(s), expansion units for bike trailers, lower gears, more ride leaders, a coffee thermos to replace a water bottle (decaf only), Eclipse rack mounted beer tap (one keg of cold Coors included), 50 pounds of stone ground whole wheat flour, a year's supply of chewy chocolate chip cookies, tailwinds in both directions on the time trial course, a new rearview mirror, more volunteers, more newsletter articles, the book "Zen and the Art of Indoor Bike Riding", a cassette tape deck with a loop that continually plays "car back", helmets for all the helmetless, tandems for the tandemless, bike shorts with a real chamois and no holes, a bottle and can law for Va, fewer dogs, more stream crossings, warm feet, fenders, better railroad crossings, more bananas, less T-shirt jokes, a cross-country bicycle tour, a Virginia loop tour, another great Eastern Shore trip, a tandem (funny thing, this one is on Santa's list twice. . .), the biggest thing on the list: continued success for the SVBC. HO! HO! HO!!! You'll just have to wait and see, what is under your tree! Let's hope nobody finds an old, greasy, bottom bracket in their sock.

SVBC FIRST "NIGHT OUT"

For those of you who missed it, the SVBC's first "night out" was held on Nov. 30 at the Golden China Inn in Harrisonburg. About 16 club members showed up for a slow, but delicious Oriental feast. One of the memorable highlights of the evening was SVBC president Ray Miller demonstration of his amazing ability to tolerate Chinese hot mustard. Ray says that he smears this stuff all over his body before going out on a long ride on a cold day. He says it beats those pol/pro longjohns. Everyone had a good time, and plans were discussed for the next "night out." Given the upcoming holidays, it was decided that the next one would be held sometime in January, probably at one of the local pizza places. Check the January newsletter for more details!

BREAKING AWAY

She'd dreamed of doing it for eight years, waiting till her family was old enough. But Karen Chambers was feeling a little guilty about her planned 1984 trip across the USA. She'd never left her family for longer than a week, and during her absence, her husband, a non-cyclist, would have to do all the parenting and manage the household. All her doubts were dispelled when her 7 year old daughter Erin said, "Mom, I know you'll come back and I'll miss you alot. But I know there comes a time when you have to do what you have to do!" (BICYCLE USA, 11/84)

KEY BIKIES . . . IT'S COOL OUTSIDE

dear. The first snow of the season is an awful reminder that winter is rapidly approaching, as if we really needed to be reminded. Despite this gloomy forecast, there still are many fine riding days in the Valley throughout the long, cold winter. The key is knowing how to dress. The December meeting of the Shenandoah Valley Bicycle Club (Tuesday, December 11, 7:30PM, Hburg Natl Guard Armory) will be dedicated to a discussion on how to dress for cold weather cycling. The keys to the whole concept are good quality clothing and common sense. Eleanor Price will lead the discussion, and she guarantees us that she has at least one of the two keys mentioned above. So don't put that bike away in moth balls for the winter, come to the December meeting and find out how you can ride with Ol' Man (woman??) Winter. See you there, bring your polypropylene undies!!!

PRESIDENTIAL PREAMBULATIONS by Ray Miller, SVBC President

I know the air temperature is a little nippy these days, but if you bundle up properly, you can still get a good workout with a minimum of discomfort. Remember, at this point, it's going to get worse before it gets better. If you want to try a little cross training, such as running or swimming, now is a good time to start such a program. You won't be using exactly the same muscle groups, but your aerobic fitness level shouldn't suffer. It's easier to keep that present fitness level by working out rather than hibernating over the winter, and starting all over again in the spring. You may want to try a little weight training also. Just think how impressed everyone will be next spring when your rip the door off that guy's car. That'll teach 'em to give bikies a wider berth when passing!

I also want to remind you that elections are approaching. At the next meeting, give the nominating committee members names of people you would like to see organizing club activities next year. Bundle up and ride those miles!

VOYAGEUR by Art Fovargue, SVBC Touring Raja

There were two rides scheduled this month. The first was snowed out, and the second was in December. That was OK, but there may have been some confusion over whether the ride was on Saturday or Sunday. Hope no one was misdirected by that. You can bet the newsletter editor will proof my ramblings a bit better next time. (Editor's note: I must confess, it was definitely Art's fault!) Anyway, Robin Claytor, Norm Sulliksen and yours truly enjoyed a fine breakfast SATURDAY, December 1. After riding the long way from Keister to the Heritage, via rte 910, we parked ourselves for a round of cinnamon buns and other delicacies. Following that, we rode out to Keezletown for a total of about 23 enjoyable miles.

Most of our rides this month will be of the informal sort, but don't let that be the cause of hanging up the pedals for the year. Get out on your own or for one of the inopportune SVBC Sunday afternoon rides. Just look out for the Christmas shoppers and low flying reindeer!!!

SVBC RIDE CALENDAR FOR DECEMBER

- 9, SUN, SVBC INFORMAL RIDE, WATERMAN SCHOOL, 1 PM. MEET AND SEE WHO ELSE SHOWS UP.
- 16, SUN, "BRUNCH AT BROADWAY", WATERMAN SCHOOL, 10 AM. RIDE TO RIVERSIDE IN B'WAY FOR EATS, RIDE BACK TO THE 'BURG IN TIME FOR THE 1 PM INFORMAL, ABOUT 25 MILES. LEADER: PHILLIPS (433-3419)
- 16, SUN, SVBC INFORMAL RIDE, WATERMAN, 1 PM.
- 23, SUN, CHRISTMAS EVE EVE INFORMAL RIDE, WATERMAN, 1 PM.
- 30, SUN, INFORMAL RIDE, WATERMAN, 1 PM

JAN

- 6, SUN, INFORMAL RIDE, WATERMAN, 1 PM
- 8, TUES, SVBC MEETING, POTLUCK TIME!!!! SEE MORE DETAILS IN THIS AND JANUARY NEWSLETTER.
- 13, SUN, INFORMAL RIDE, WATERMAN, 1 PM

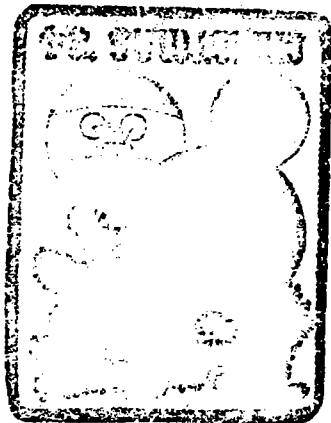
SVBC CLASSIFIED

FOR SALE: Vitus, Grey Frame, 58 cm. All Campy, except black Medolo brakes. 68-4 rias. Extra wheels. Only 300 miles on this beauty. Best offer over \$800 takes it. Call John, 434-8488.

WANTED: Interesting and boring things to include in the newsletter, especially during the winter months when the newsletter editor's creative juices turn to lime jello. Ernest Hemingway was discovered through his contributions to the newsletter of a local fishing club. You could be missing your big chance!! Call, write, confront or otherwise notify the newsletter editor concerning a contribution.

Your ad here, absolutely free!!! This newsletter is read by thousands. Contact the newsletter editor, John Phillips (433-3419), about selling, buying or trading something through the SVBC newsletter.

 AAA BOYSTER BICYCLE REPAIR, BACK ALLEY BIKES AND MORE'S BICYCLE SHOP
 GENERALLY CONTRIBUTE TO THE COST OF THE SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER.



HAPPY NEW YEAR!!!!

SEASON'S GREETINGS!!!

SHENANDOAH
 VALLEY BICYCLE CLUB
 P.O. BOX 1014
 HARRISONBURG, VA 22801

NEXT MEETING:
 Tuesday, Dec. 11
 "Dressed to Winter Ride"
 7:30 PM, H'burg National Guard Armory



OUI, THIS IS THE TOUR DE FRANCE, BUT...