

APRIL, 1985

DR. BIKE RETURNS

Well, just when you thought it was safe to get back onto the road again, we have news that may send you back to the living room for a while. Yes, that's right--Dr. Bike is back, and he's eager to answer all your biking questions. So, without further ado, let's get to this month's question.

Dear Dr. Bike,

I am a touring enthusiast planning on riding the Bikecentennial Trail this summer, and I have a few questions about equipment. All winter long I've been looking at outdoor catalogs and ordering the very latest in cycling gear. However, I'm trying to decide whether or not I should purchase one of those mini-whisk brooms and dustpans to help keep my tent clean. My girlfriend says it's unnecessary, but my motto is: a clean rider is a happy rider! What do you suggest?

Signed,

Clean Gene the Riding Machine

Dear Clean,

Well, it's a good idea that you asked Dr. Bike, because his motto has always (since last week) been "Cleanliness is next to godliness, and godliness is next to impossible." I completely understand your desire to stay neat throughout the tour. This is why Dr. Bike declines to ride in temperatures above 72 degrees, to minimize (pardon the word) sweat. I myself prefer a Black & Decker Dustbuster to keep the ol' two-man clean. They're a little heavy but have so many other uses, like removing the insects from your face after a long day's ride. I have also had great luck using a little Mop & Glow on the tent floor, especially if you plan any ballroom dancing on the tour. Rubber gloves are also a great help if you anticipate any repair or other yucky problems. I also recommend a regular trip through an automatic car wash to get off that stubborn grease which always seems to collect in the most inopportune places, like the chain. Good luck and keep it clean!

--Dr. B

1985 AGVITHH IS COMING!

Well, good bikies, the fourth Annual Greater Valley Interstate Tour from Harrisburg to Harrisonburg (AGVITHH) is just around the proverbial corner, having been scheduled for June 21-23. As indicated in the title, this year the tour runs from north to south, giving us Valley folks the pleasure of seeing home get closer with each stroke of the pedal. Not only that, but the often-imitated, but never equaled V.K. Begoon will provide the riders and their guests with one of his incomparable barbecue dinners.

Day 1 covers 70 flat miles from Harrisburg to Mount St. Mary's College, a beautiful place literally nestled in the mountains of southern Pennsylvania. Along the way, you will pass the Gettysburg National Park, which is something everyone should see. Day 2 covers the 75 miles between Emmittsburg, PA and the Shenandoah College and Conservatory in Winchester. There is a mountain to climb, but compared to some of the hills and gaps around here, no one should have any trouble. Day 3 sees riders making a pleasant 75 mile jaunt to Harrisonburg to Westover Park and a well-deserved barbecue banquet.

The tour costs a mere \$75/person, which includes most meals, snacks, two nights accomodation, two sag-wagons, an emergency medical technician, and a T-shirt. Without a doubt, it's one of the best deals in cycling. As someone who rode last year, I can honestly say that it was a fantastic experience. Riders from all over the East show up, including many from the large, vigorous Harrisburg Bicycle Club. There's a lot of laughter and fun, with people riding at whatever pace they choose. Even if you think that 75 miles a day is too far, talk to someone who has ridden it--it's much easier than you might think, and can be a worthwhile personal challenge. Sound interesting? Well, call Norm Gulliksen at 434-2692 for details. The ride is limited to the first 75 paid applications, so don't delay.

A final note: SVBC's own Norm Gulliksen is again coordinating AGVITHH for the Daily-News Record. As it stands, the DNR currently promotes the tour, with the Club getting a share of whatever profits are realized. However, this could (and perhaps should) be an all SVBC affair, if we're willing to get together with Norm and do some work. Let's make the 1986 tour our tour!

APRIL

7 SUN "EASTER RIDE". 1:00 Kiester Elementary. 30-35 miles, B/C pace. Leader: Mario Dennis (434-3521).

10 WED "Wednesday Nighter". Impromptu. 5 PM, Keister.

14 SUN "APRIL SHOWERS RIDE"...but we'll be hoping for May flowers. 12:00 noon, Waterman Elementary. 32 miles, B pace. Leader: Dave Lewis (867-5363).

17 WED "Wednesday Nighter". Same as above.

20/21 SAT/SUN Weekend Tour of Washington. See article elsewhere in Newsletter.

21 SUN "JOHN MUIR'S BIRTHDAY RIDE". Visit a park! 1:00 PM, Keister Elementary. C/D pace, 15-25 miles. Leader: Eleanor Price (433-8539).

24 WED "Wednesday Nighter". Same as above.

28 SUN Lose an hour with Ray Miller on his "No Name" ride. 1:00 PM, Waterman Elementary. B/C pace, about 25 miles. Leader: Ray Miller (896-1576).

MAY

1 WED ***"FIRST WEDNESDAY NIGHT RIDE"*** 5:30 PM (note time change), Keister Elementary. C pace, 10-12 miles. Come one, come all! Dinner at Heritage follows. Leader: Mary Lu Lewis (867-5363).

Potomac Pedalers Weekend

All rides start at JMU

For information call Dave Lewis (867-5363)

4 SAT "TWO LOOKS AT BRIDGEWATER" Metric Century. 63 miles, A pace. 10:30 AM.

"BRIDGEWATER/MT. SOLO EASY METRIC CENTURY". 63 miles, B pace. 10:30 AM.

"MENNONITE BUGGY WATCH". 25 miles, C pace. 10:30 AM.

5 SUN "IS THERE A HILL HERE?". 38 miles, A pace. 9:00 AM. (Hilly!! Remember the 1984 Quarter Century??!!)

"Keezeletown Loop". 30 miles, B pace. 9:00 AM.

"Two Golf Course Ride". 20 miles, C pace. 9:00 AM.

8 WED "910 LOOP WITH OPTION". 5:30 PM, Keister Elementary. 11 miles, C/D pace. Leader: Art Fovargue (433-9247).

12 SUN "Mother's Day Ride". 1:00 PM, Keister Elementary. Details later (sez Eleanor). Leader: Eleanor Price (433-8539).

JUNE

8-9 SAT/SUN Overnight campout at Sherando Lake. Leave Harrisonburg noon Saturday. Pseudo-sag (?). Leader: Norm Gulliksen (434-2692).

LAST CALL FOR WASHINGTON TOUR

About a dozen people have indicated that they are planning to attend the First Annual Spring Tour of Washington, on the weekend of April 19-21. If you're thinking about going, it's probably a good idea to get your housing reservations in AS SOON AS POSSIBLE, no matter what motel or hotel you choose. Washington hotels and motels have a habit of being filled most of the time, although people should be able to find something, even right up to the last minute. For more info, call Mario or Mur Dennis at 434-3521.

VOYAGEUR

Welcome to real Spring, and indeed some summer-like weather. We have a diverse ride schedule for the upcoming month--so tape the "Ride Calendar" in a place where you can't miss it.

This Easter's ride is a patch ride, meaning you can buy an LAW (Bicycle USA) commemorative patch if you wish (and they arrive on time).

Mario promises cherry blossoms and good weather for the trip to D.C. on the weekend of the 20th & 21st. If you want to go for the weekend or even for just 1 day, contact Mario (434-3521) for details. If you can't make it to our nation's capital, try to take in Eleanor's "John Muir's Birthday Ride." Eleanor originally planned to pedal to Yosemite National Park, but changed her mind to a few less miles. However, Eleanor says the ride will include a park or two. Could that mean a stop & park outside a High's Ice Cream Store?

Wednesday night rides will remain impromptu through April, with Dave & Mary Lu Lewis acting as "hosts". These start at 5 PM, and those who show up will decide the ride. Then on May 1 is our first official Wednesday night ride, and in celebration of Daylight Savings Time, we will follow the ride with a get-together at the Heritage (yes, that will involve eating).

The first weekend in May is crammed full of rides as Dave Lewis has invited all the Potomac Pedalers from the D.C. area to Harrisonburg. All rides will leave from JMU (perhaps Godwin Hall--call Dave for details, 867-5363) and will have leaders from the SVEC. This should be quite an event, so don't miss it.

For the touring crowd, note the overnight scheduled in June to Sherando Lake. Norm Gulliksen will provide more details in the May newsletter. Although we don't have an Eastern Shore Tour planned, we do have some excellent county maps of Talbot, Kent, and Queen Anne's counties in Maryland, and maps of bicycle tours in the area. So if you anyone wants to borrow them for a weekend, give me a call. I can assure you some beautiful towns and scenery. Lastly, I have applications for the two GEAR's and the Bicycle USA National Rally for anyone interested.

If you're interested in bicycling and haven't been out yet, now is the time to do it. If your intentions are to get in shape and participate in rides throughout the year, this is the month to start. Don't put it off, as typically the rides tend to get longer and those who ride consistently get in better shape. Regarding the ride code, no one would ever be left behind on any C or D rides. On these rides we always stop to regroup and look at scenery; and there is always a wide range of abilities. So whether you are a beginner, or a well winterized (i.e. out-of-shape) veteran, mark your calendar for the upcoming rides that suit your taste. Come on out and enjoy the fine weather, ask questions about bicycling, and above all have fun.

Elsewhere in this newsletter are the SVBC "Tips for Riders" and "Tips for Ride Leaders". Notice please that there are no special skills required to lead a ride. All that is really needed is a plan, the ability to keep track of other riders, and the desire to share with and help others enjoy bicycling. We need new ride leaders for fast, slow, short, long, easy and hard rides. Not that we don't appreciate those who have led rides, but as it is said--variety is the spice of bicycle rides. So consider leading a ride; it's fun and not as hard as you think. If you are at a loss for a route, give me a call, I have many maps from which you can choose.

My apologies for being so longwinded--must be the warm weather. Happy voyages for April.

Art Fovargue

TOURING RIDE CODE

CLASS A For strong, experienced riders, 25-100 miles at 14-22 mph pace. Few, if any, stops. Expect difficult terrain.

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

CLASS C For average riders, 10-35 miles at 8-12 mph pace. Stops definitely included, hills definitely kept to a minimum.

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

CLASS E Leisurely, slow paced, family rides. All ride together as a group.

No classification scheme is perfect. If you ever have a question about a ride, feel free to contact the ride leader.

BIKECENTENNIAL--THE BICYCLE TRAVEL ASSOCIATION

While the League of American Wheelmen (Bicycle USA) is dedicated to all types of bicycle riding, there exists another organization which has something to offer everyone who tours or would like to. Bikecentennial was begun in 1976, and in just a few years has built up a loyal membership. BC offers many "packaged" tours in beautiful areas all over the country, many of them through national parks. They also sponsor coast-to-coast tours on the TransAmerica Trail, a trip which lies near and dear to the hearts of tourists everywhere. BC also has established and continually updates a library of maps (over 12,000 miles at last count) which members and non-members alike can purchase. They also offer books and equipment at competitive prices. If all that weren't enough, last year Bikecentennial began its bicycle insurance program for members, which allows each member to insure his/her bicycle for replacement costs, plus the cost of any touring equipment such as panniers, racks, tent and stove. The cost of the insurance? Only \$2.00 per \$100 of assessed valuation, which makes it a comprehensive policy with a plus: no deductible. When was the last time you bought insurance with no deductible? Such crass issues aside, if you enjoy touring, or even the idea of touring, Bikecentennial is well worth looking into. As you may know, the last (or first, depending on your direction) portion of the Transamerica Trail runs through Virginia to Yorktown, so we all benefit from Bikecentennial's work on behalf of cycling.

TIPS FOR RIDE LEADERS

1. Plan your ride ahead of time. Be familiar with route and road conditions. Try to use low-traffic, safe roads. Inform Tour Director (Art Fovargue, 433-9247) of start date, time, place, & ride code for inclusion in Newsletter.
2. Provide a map of route if possible. Save copy for Tour Director.
3. Carry basic repair tools and first aid kit if possible to assist those riders in need.
4. Have all riders fill out "Ride Release" form. Return to Touring Director.
5. If there are any riders you honestly feel wouldn't be able to complete the ride, express your concerns to them and perhaps politely discourage them.
6. Review route, basic rules of the road, and ride guidelines before start.
7. Schedule rest stops as needed and appropriate.
8. Encourage safe and courteous riding--ride a good example.
9. Keep ride pace as advertised.
10. Keep track of last rider during your tour. This can be accomplished by having a responsible person ride "sweep" (arrange ahead of time) or by yourself by riding near the back.
11. Never leave a rider in trouble without definite "rescue" plans.
12. Be able to account for all riders at end of ride.

TIPS FOR RIDERS

1. Arrive, ready to go, a few minutes before advertised time, with bicycle in good condition. Be aware of the ride code.
2. Ask ride leader any questions you have.
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 straight line.
5. Give verbal signals to other cyclists such as "on your left", "car back", "hole", "glass", etc.
6. Ride in single file anytime a car will pass. Maintain single file in heavy traffic areas.
7. When stopping to rest, get yourself and your bicycle entirely off the road. Leave room for other cyclists to stop off the road, too.
8. Notify ride leader if you won't be returning to the ride's finish point, or if you quit ride early.
9. Carry some tools, spare tires, etc. if you have them.
10. Bring plenty of water in warm or hot weather.
11. Hard helmet strongly suggested.

A "FITTING" MARCH MEETING

The SVBC's March meeting featured a presentation by Debby Phillips on the importance of fitness in our daily lives, as well as for cycling and recreational purposes. Pointing to some sobering statistics about the role of diet and nutrition in the development of life-threatening diseases such as heart disease and cancer, Debby provided much valuable information about nutrition, stress management and healthy vs. unhealthy lifestyles. Debby also, despite the inevitable groaning of the out-of-condition (including this family), involved the members in a brief test designed to provide a good estimate of cardiovascular fitness. For a few of us, it was one more sobering statistic, but one which can hopefully motivate all of us to drop that winter weight and enjoy the outdoors while cruising the Valley. Many thanks to Debby for her hard work and valuable contribution.

NEW MEETING PLACE AND TIME

Could it be? The SVBC is finding a new home? Yes! And we're meeting at a different time and date. The April meeting will be held at the new WELLNESS CENTER, on Pleasant Hill Road, at 7:30 on MONDAY, APRIL 15. This meeting will be one of our periodic swap meets, at which time we will have yet another opportunity to see what Dave Lewis has collected over the long winter over at Runt Rentals. So, bring your cash and trash (I know, it's not really trash, but it rhymed so well) and have a good time trading with other bikies.

ST. PATRICK'S DAY RIDE

March is well known for three things: being the "Windy Month", the celebration of St. Patrick's Day, and Dave Lewis' annual ride to celebrate the two. This year was no exception. Dave once again demonstrated his uncanny ability to find a route which had riders climbing six hills (all contenders for this year's Steepest Hill in the World Contest) while only going down two, and yet somehow still getting back to the starting spot. There must be some law in geography which prohibits that, but Dave came through again. On the other hand, Mother Nature lent quite a helping hand by providing some incredible headwinds and nippy temperatures. All in all, a challenging and invigorating ride.

A WINDY MARCH RIDE

Five riders and two passengers enjoyed a pleasant 20-mile jaunt on Sunday, March 10. Despite brisk winds (which seemed to shift to headwinds, no matter which direction we were riding), the bright sunshine and moderate temperatures were just what winter house-bound bikies needed. Saw a lot of other riders out and about, too. However the highlight of the ride was probably the unveiling of the Ritchie Combination Gardencart/Bugger, which Ray cleverly invented. Amber and Jill also enjoyed the fine view as Ray stood on the pedals and pulled them up some challenging hills on his mountain bike. Ray says that his next project is to hitch a small springtooth plow to the 'ol Trek and put in this year's garden.

A NOTE FROM THE (NEW) EDITOR

My first introduction to the SVBC took place when a local bike shop owner gave me a copy of the newsletter, an application form, and the wise advice that if I really wanted to get into cycling and become better at it, it was a good idea to join the SVBC. Not being by nature a "joiner", I hesitated, but the stories in the newsletter finally convinced me: these people were having fun! I'm sure my story is not unique. The newsletter is a valuable bit of "cement" that keeps the club going by informing people of upcoming events, reporting recent happenings, and generally by keeping us in touch with one another, especially during the long cold winter. In taking on the editorship of the newsletter, I am becoming aware that I'm taking on a big job, and I believe that the club owes a heartfelt "Thanks!" to John Phillips who did such a fine job as editor. He will indeed be a tough act to follow, and I ask your help, which you gave so thoughtfully to John, in keeping the newsletter going. I welcome all submissions, verbal or written, to be included in the newsletter, and promise not to violate my editorial license. If you have something to contribute, please give me a call at 434-3521 or drop it off at 420 Maryland Ave or after May 1, at 311 Grace St. in Harrisonburg.

--Mario Dennis

-----Rodney Yankey, our Vice-President and Program Director asks me to pass along a request for programs. Any topic you want to see covered at a Club meeting? Any ideas for unique fun and frolic? If so, or if you're interested in doing a program, give Rodney a call at 896-2648.

-----The MAY MEETING will also be held at the WELLNESS CENTER at 7:30, on MONDAY, May 13. Hopefully we'll be able to continue to meet at the Wellness Center. The meetings will continue to be held on the second Monday of the month, rather than the second Tuesday.

-----The Executive Committee Meetings will continue to be held at 6:30, on the first Monday of the month, at Shoney's. All interested club members are welcome to attend Executive Committee meetings.

-----It was just learned that the National Capital Open Criterium Race will be held in Washington on Sunday, April 21, incredibly enough, the same weekend as the Weekend Tour of Washington! What more incentive could you need to attend both events??!! The race should attract many top-notch amateur riders, and will be exciting, to say the least. Word is that it will be held at the Ellipse, which is the drive in front of the White House. Don't miss it!

REGIONAL RIDES

APPLE COUNTRY WEEKEND--The Winchester Wheelmen are sponsoring a weekend of riding in the northern end of the Valley, to be held Saturday and Sunday, June 22-23. Registration is \$8, which includes patch, sag, maps, historical info and directions to eight different rides to be held each day. Time trial on Sunday. For info send a SASE to Rick Pennington, Route 2, Box 310, Stephenson, VA 22656. Hurry--registration limited to 125.

ELEVENTH ANNUAL KNOTTS ISLAND WEEKEND--Hosted by the Tidewater Bicycle Association. Held Saturday and Sunday, May 18-19. Free registration for all rides; only \$4/person for a cookout, \$4/person for the century. Held in Virginia Beach area, heading south into North Carolina. SASE to Ed Rykbas, 5221 Carolanne Dr., Virginia Beach, VA 23462.

EIGHTH ANNUAL GATHERING OF VIRGINIA BICYCLISTS (GAVAB '85)--May 31-June 2 (Friday-Sunday), Jamestown Beach Campgrounds. Rides of 5-100 miles, sag, maps, T-shirt, Saturday night lasagne dinner, only \$20/person. Camping available. SASE to Kay Forrest, Coordinator, 400 Bolivar Dr., Yorktown, VA 23692.

PEANUTS RIDE--Saturday, September 8, Emporia, VA. Thirteen mile tour of "peanut country", sample peanut products, eat good pork barbecue. Also offering quater, metric and full centuries. Cost is only \$3.50/person, plus \$6.00/person for the pork barbecue. SASE to Emporia Bicycle Club, c/o Robert Wrenn, P.O. Box 631, Emporia, VA 23847.

**Remember folks, when writing for information, always include a self-addressed, stamped long envelope, a common courtesy.

SHE NANDOAH

ALLEY BICYCLE CLUB

P.O. BOX 1014
HARRISONBURG, VA 22801

SVBC
MEETING:
SWAP MEET!
MONDAY, APRIL 14
WELLNESS CENTER
7:30

OVER
A
Dues are Due



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AAA REPAIRS, BICYCLE REPAIR, BACK ALLEY BIKES, AND MORE! WIRE SPIN
GENERALLY CONTRIBUTE TO THE COST OF THE SHE NANDOAH VALLEY BICYCLE CLUB NEWSLETTER.
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