

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

SEPTEMBER, 1985

ELEANOR'S CORNER

Now that Fall is almost here, some of the best riding weather of the year is right around the corner. A glance at the ride calendar shows a number of exciting events coming up. Number 1, is of course, the Century on September 22. Please participate in any way you can--the Century Committee has been hard at it to make this the best ever. Plan to make the Highland Retreat, too--it's the high point of the season! See you at the next club meeting!

SHENANDOAH VALLEY CENTURY

The 3rd Annual Shenandoah Valley Century approaches rapidly--this year's edition will be Sunday, September 22, so mark your calendars now.

We hope for all club members to participate in one way or another. One thing everyone can do is to make some kind of baked good goody (cookies, cake, bread, muffins, brownies, etc.) for the ride. Our century is becoming known for its delicious baked goods, so please make it a point to add to that reputation this year. Baked goods can be dropped off at Art & Kathy's house, (210 Monument Ave.) anytime before the morning of the 22nd, or if you don't trust them, bring your goodies to Shelter #2, Westover Park, the morning of the ride. Any leftovers, are of course devoured at subsequent club meetings.

If you've read this far and are still asking, "What's a Shenandoah Valley Century?", read on. In bicycling language, a "century" is a ride of 100 miles. As many other clubs do, we're also offering rides of 25 & 50 miles. The routes all begin at Shelter #2, Westover Park (NOT THE NATIONAL GUARD ARMORY, AS IN PAST YEARS), and are designed so that no leg is over 25 miles. Water and food is provided at the checkpoint in Bridgewater, in addition to maps, cue sheets, and sag service. Commemorative Bicycle USA patches are available at extra cost. For more info, see the enclosed flyer and registration form. Save \$1 and get your registration in early--in fact, bring it to the next meeting.

The Worker's Century will be held the week before, Sunday, September 15. Meet at 7:30 AM at the Harrisonburg Recreation Department on Dogwood Ave. This is so those helping out on the ride will have a chance to ride, and for any who can't make it on the 22nd. Bring your own food and water, as there is no sag service.

Speaking of workers, we need a few more volunteers for helping out with pre-ride tasks, and more importantly, registration and checkpoint operation the day of the ride. If you've never done this, it's a lot of fun. Call Art if you think you can help out (433-9247). The next meeting of the Century Committee will be held after the September 9 Club meeting. All welcome.

-----The Century Committee

REGIONAL RIDES

RESTON BICYCLE CLUB 3rd ANNUAL CENTURY. Sunday, September 29. 25, 50, 64 and 100 mile rides. Rides start in Reston, registration opens at 6:45 AM at Isaac Newton Square in Reston. Fee is \$3. For more info, call David Weiskopf (703-860-9261) or Janet Hays (86-0112) evenings.

KALEIDOSCOPE NATIONAL CENTURY--Sunday, September 15, 1985. 25, 50 and 100 mile rides. Registration starts at 7:15 AM; rides at 8:00 AM at Central Virginia Community College, Lynchburg, VA. \$5 fee for sag, water and refreshments.

EMPORIA BICYCLE CLUB--Two great days of peanut rides (25, 64 and 100 miles) on Saturday and Sunday, September 21-22. Good food and great cycling (it's flat!). Contact Robert Wrenn, P.O. Box 631, Emporia, VA 23847 or call (804) 634-2222.

ELK RIVER, WV--October 6, 35 mile round trip. Mountain-bikes recommended (bike rentals available). Auto back-up. Tour leaves from Elk River Touring Center in Slaty Fork, WV at 9:30 AM. Route goes thru Kumbraboa St. Forest & isolated Swiss colony of Helevita, WV.

VOYAGUER

I hate to be the bearer of bad news, but the 29-cent breakfast egg has gone by the wayside. A moment of silence for the Riverside Restaurant in Broadway--it is no more. This bastion of the highest "bulk-to-\$\$-ratio" ever, closed two days after our breakfast ride there in early August. And John Phillips wasn't even there, so we can't blame him for breaking them! Join with Dave Lewis on his October 5th ride as we search for a gastronomic breakfast replacement.

The "Flat and Easy Century" in August was indeed quite flat (relatively speaking), however a bit wet. Bruce, Larry, Dave and Art braved the weather reports of impending doom and downpour, and took off following the circuitous Eleanor map. Miles were traded for kilometers after the rains started and the "Flat and Easy" became a metric century.

Our big ride for the coming month is of course, the Shendandoah Valley Century on the 22nd. Above all, spread the word of our ride to your friends and neighbors. Ask them if the plan to ride. Or get information for them if they need it. Help make this year's big event bigger and better than ever. Many details elsewhere in this newsletter.

Another big ride coming up is the camping trip to Highland Retreat. This is one of our more beautiful rides. See details elsewhere.

Hope you have some great cycling in the coming month. Note that school's started and students are back in town. Promote cycling by setting a good example of proper bicycling technique.

See you at the Century!

-----Art

SEPTEMBER MEETING: FOOD, AGAIN!

The September 9 meeting will be held at Purcell Park at 6:30, and will feature an SVBC favorite--a covered dish supper. Please bring a covered dish and your own table service (leave the fine silver at home; plastic will do). Beverages will be provided.

While we're on the subject of meetings, the October meeting, often referred to as "Eleanor's Delight", will feature a swap meet, so start collecting. November's topic will be Fitness, and the December meeting will once again be a covered dish supper, featuring selected slides from the year's events. Mark your calendars!

TIME TO RETREAT

The highlight of the fall riding season is the Highland Retreat ride, which we plan to hold on October 12-13. If you've never done this ride, you've really missed something. The weather is cool and pleasant, and the ride to Highland Retreat is an easy, invigorating one. We will stay overnight in the cabins, where fireplaces and woodstoves keep us warm. As usual, the meals are a real treat and everyone has a fine time. This is a family event, so if you're interested, make plans now. For more information, call Mary Dennis at 434-3521. Lodging is only a few dollars a night.

CLASSIFIED ADS

FOR SALE: Mountain Bike Frame--22". Ross Chrome Hi-Tech. Make offer. Eleanor Price, 433-0539.

FOR SALE: 21" 1983 Schwinn Traveler, excellent condition. Make offer. Robert Coffman, 896-9811.

WANTED: Good, cheap mountain cruiser for camping. Call Rodney Yankey--896-2648.

RIDE CALENDAR

SEPTEMBER

11 WED "View from the Secret Hill". 5:30, Kiester Elementary. 12 miles, C+ pace (C- on the hill, so sez Dave. I don't understand). Leader: Dave Lewis (867-5363).

15 SUN Worker's Century. Meet at 7:30 AM, Harrisonburg Recreation Center. Details elsewhere in Newsletter.

18 WED Impromptu Wednesday Nighter. 5:30 PM, Kiester Elementary.

22 SUN SHENANDOAH VALLEY CENTURY. See details elsewhere.

25 WED Impromptu Wednesday Nighter. 5:30 PM, Kiester Elementary.

29 SUN "Double Gap Gasp". 9:00 AM, New Market Elementary School (on Rt. 11 just south of New Market). 40 miles, B pace. Leader: Ray Miller (896-1576).

OCTOBER

2 WED "Chinese Ride". 5:30 PM, Kiester Elementary. 15 miles, C/B pace. Dinner at Golden China after. Leader: Mary Lu Lewis (867-5363).

5 SAT "Breakfast Ride". 9:30 AM, Waterman Elementary. 42 miles, B/C+ pace. Ride to Battlefield Restaurant in New Market for breakfast. Leader: Dave Lewis (867-5363).

6 SUN Impromptu Ride. Meet at Eleanor Price's (1310 Crawford Ave) at 1:00 PM. B/C pace.

12-13 SAT-SUN Highland Retreat. See details elsewhere in newsletter.

Monday Night Rides continue at 6:00 PM at Plains Elementary. Anyone interested in 10K time trials, call Rodney Yankey at 896-2648.

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 12-16 mph average. Some hills likely. For the competent cyclist. Some stops.

CLASS C--For average riders, 10-25 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.

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.

TRAINING RIDES

Dave Lewis has started what may become a new tradition at the SVBC, training rides for those who are interested in learning to ride faster and to receive expert advice about training. Les Welch has offered to "coach" riders, and according to Dave, really knows what he's talking about. Dave emphasizes that this is not just for racers, and that riders will be encouraged to ride at their own pace. Paceline work will be featured on the 23-mile course. Interested riders should show up at the Nichol's parking lot at 6:00 PM on Thursdays.

LABOR DAY RIDE

The first day of September was a perfect day for cycling, and the Labor Day riders took off from Plains into the beautiful countryside through Coinjocville and Lantzer Mill. The group stopped for homemade sandwiches in Edinburg before continuing on to Shenandoah Caverns and back. Since there were no patches, medals were given out: the First Annual Hard Time Awards were given out to Ibbey "My Butt's Sore" Branner, Ray "This Virus Won't Let Me Breathe" Miller, and Art "Not Enough Miles This Year" Fovargue.

-----Rodney Yankey

AND NOW A WORD FROM OUR FOREIGN CORRESPONDENTS...

Greetings from River Falls, Wisconsin! We wanted to let our friends in the SVBC know that we have arrived safe and mostly sound in our new home in Wisconsin. For those who need a bit of help with geography, Wisconsin is one of those states between Harrisonburg and the Pacific Ocean. We also wanted to say "thanks" for the gift of a lifetime membership in the SVBC. We look forward to hearing about the latest exploits of all of our friends in the SVBC. Since this is a lifetime family membership, upon who's lifetime is the membership based? This question ought to liven up the next Executive Committee meeting!

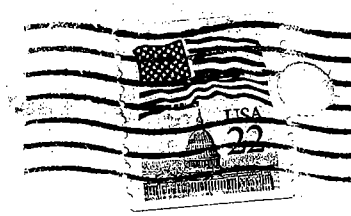
Anyway, River Falls seems like a nice little town. The proximity to Minneapolis/St. Paul, Minnesota provides an opportunity for organized biking. A 300-person group of bikers out of St. Paul cruised through River Falls the other day on a three day trip sponsored by the Minnesota AYH. Meanwhile, we have been checking out the local area on our bikes, along with the ever-present bike trailer! Good roads, and not nearly as flat as one might expect. I found one hill that would rival some of the SVBC's "Steepest Hills in the World"!

Well, you know, if you're ever out this way, stop by. The best to you all, and keep up the SVBC and the good biking in the Valley. Lead a ride, too. We'll be leading a "Tavern Tour" of River Falls, WI this Wednesday. Bring your own mug!

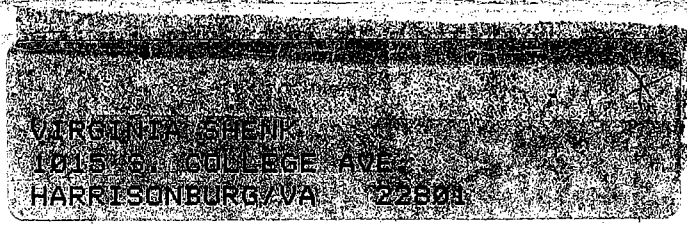
Beth, Debby and John Phillips




SHE NANDOAH
ALLEY BICYCLE CLUB
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SVBC MEETING:
6:30-PURCELL PARK
SHELTER #2
COVERED DISH




3RD ANNUAL SVBC
CENTURY
SEPT. 22

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