

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

NOVEMBER, 1985

ELEANOR'S WHEEL

Come out and enjoy yourself at the Wellness Center for our November meeting. The Nautilus equipment will be demonstrated and all our many questions will be answered. Please come!

The executive committee has recommended a donation of \$50 to Rockingham Memorial Hospital. There will be a vote by the membership during the November meeting.

The December meeting will emphasize mountain bikes. January will be our annual buffet and slide show...Have a happy Thanksgiving and happy holidays!

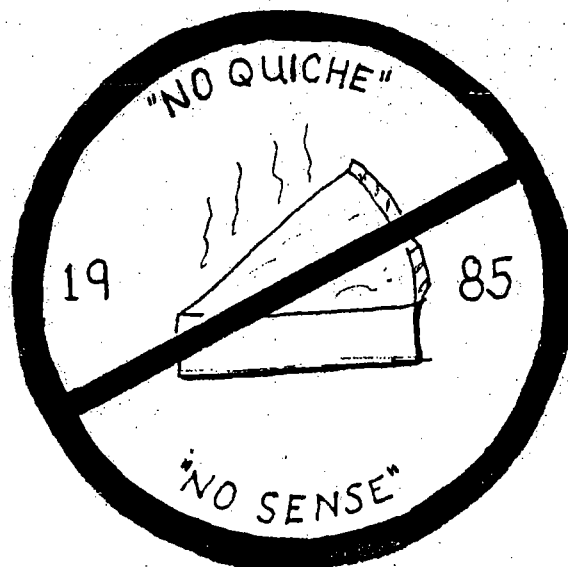
THE THIRD ANNUAL NO QUICHE RIDE

by Sue Rippy

The Third Annual "No Quiche Mountain Century" gave me a healthy respect for the REAL men who DO eat quiche, in that anyone who completes the No Quiche Century is indeed, a real man!! I don't know where that leaves me, but I'll admit to eating quiche myself, on occasion.

Perfect weather set the scene for a beautiful day's ride along the Skyline Drive, as six of us (the "mountainmen", Dennis Herr and Craig Mauck; Dave Lewis, Art Fovargue, Ray Miller and Sue Rippy) rolled with the heavy traffic up and down (mostly up) the scenic drive, appreciating the fading but still spectacular scenery and basically trying to keep to the right. Rodney Yankey and L.B. Branner accompanied the ride from New Market to Panorama, where they decided they wanted to go downhill for a change, and Michelle Curling, who had joined us as far as New Market, opted to return to Harrisonburg....I remember something just like that in years past.

We spent, according to Dave's meter, an overall time of just over 9 hours out, of which just six hours were spent in the saddle and the official mileage was 100.3 from Armory to Armory. We paused to eat, sleep, compare war stories, etc., every 10-15 miles on the Drive, and after stopping at Big Meadows for quiche, of course, mountainmen Dennis and Craig spun off into the sunset in a cloud of dust and a hearty "hi, ho...." I believe it was at this point that Art made the statement, "it's all downhill from here". Not hardly, Art. Anyway, Ray, Art, Sue and Dave (after meeting up with dear Mary Lu at the base of the Elkton descent) regrouped into a speedy paceline back to Harrisonburg, making good time and even better memories of a fine ride with a fine group. Back at the Armory, I admit to being a LITTLE tired, but I gathered that maybe real men get tired too. Yes? Good ride, and thank you, Dave and Mary Lu!



OFFICIAL PATCH
CLIP 'N' SAVE



VOYAGUER

by Art Fovargue

Rain, rain, rain. That seems to sum up bicycling of late. First, the Highland Retreat weekend is rained out, then the "Discover Grottoes Ride", then the last "Wednesday Night Ride", and then the "Halloween Ride". Luckily (my knees object to that term) the "No Quiche Ride" was not rained out. I must say the No Quiche Ride was one of the most enjoyable rides ever, however, in all fairness, mounting my bike to commute to work the next morning was one my most painful experiences ever.

Last meeting we had a lot of good discussion on why our rides are not attracting as many riders anymore. Comments ranged from "all the roads have been ridden", to "they are too fast (or too slow) paced" to "I have Kiester". We'll have a touring committee meeting in the upcoming month to try to lay out 1986 plans based on what was discussed. Anyone who wants to throw in their 2 cents, let me know.

'Til later, break out your fenders and pontoons for some good November cycling!

RIDE CALENDAR

NOV

- 10 SUN "Impromptu Veteran's Day Ride". 1:00 PM, Waterman Elementary.
- 17 SUN "Impromptu Ride". 1:00 PM, Waterman Elementary.
- 24 SUN "Impromptu Ride". 1:00 PM, Waterman Elementary.

DEC

- 1 SUN "Impromptu Thanksgiving Ride". 2:00 PM, Waterman Elementary.
- 8 SUN "Impromptu Ride". 1:00 PM, Waterman Elementary.

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.

CLASSIFIED ADS

FOR SALE: 21" chrome Ross mountain bike frame and parts. Make offer. Eleanor--433-0539.

WANTED: Turbotrainer or rollers. Call Rodney Yankey--896-2648.

Craig Mauck, SVBC Racing Director and Fat Tire Specialist, was top-ranked East Coast rider in the "Winning" Super Prestige Series, sponsored by "Winning" magazine, Suntour, Schwinn, Kiwi, Shimano, and others. The Series is a set of 15 races made up of the Pacific Coast Series, Rocky Mountain Series, and the Atlantic States Series. His points were gained by a victory, the only Veteran (35-44) to win any Pro-Am race in the country in 1985! At the White Mountain Challenge in Plymouth, NH and a 5th in the East Coast Championships in Somerset, PA. Despite winning the Veteran's Nationals in Santa Barbara, no points were awarded, so his 38 points were still good for 19th overall, and the only Veteran in the top 50 riders ranked by the series.

TIME TRIALS

Time Trials remain the most popular SVBC event, with nearly 150 riders attending the 5 month season. The first 6 weeks found rain every Tuesday between 5 and 7, but the trialers persisted. Riders came from as far away as France and the commuter mileage award was easily won by Tim Wolters of Staunton. Tim rode down from Staunton nearly every Tuesday and often rode the 25 miles back! Jim Strang's record of 22:17 from 1983 is secure, at least 'til next year. Special thanks to David Frye, who added the joy of cold watermelon on several occasions.

TOUR DE MONTEZUMA

The Second Annual event went off Saturday, October 19, with clear, sunny skies and a definite wind from the southwest. Fourteen riders showed up, and due to the wind and the course with only one hill to break things up, rode pretty much together 'til a 45 mph breakaway on the back stretch burned off some of the slowest, leaving Craig Mauck, Mike Dehaven and Dennis Herr, who finished in that order, to contest a high-gear sprint, much to the delight of the crowd of spectators and novice riders who finished on the first lap. David Frye broke away to win the Men's Novice event ahead of Rodney Yankey and Ray Miller. Sue Clague left Carol Felton on the hill to finish way out front in the Women's race. Thanks to Les Welch for pace motorcycle, Gene Bell of Vermont for photography duties, and Joelle Austin for road work.

Expert Men: 1. Craig Mauck 2. Mike Dehaven 3. Dennis Herr 4. Ron Shepherd 5. Mike Wenger

Novice Men: 1. David Frye 2. Rodney Yankey 3. Ray Miller 4. Larry Grossman 5. Randy Harper

Women: 1. Sue Clague 2. Carol Felton

CYCLO CROSS

The National Cyclo-cross Championships will take place in New Jersey, December 1. Local possibilities are Les Welch, Bruce Werner and '85 National Veteran Off-Road Champ Craig Mauck. Look for results in the December newsletter. Anyone who is interested in racing or just looking, contact Craig.

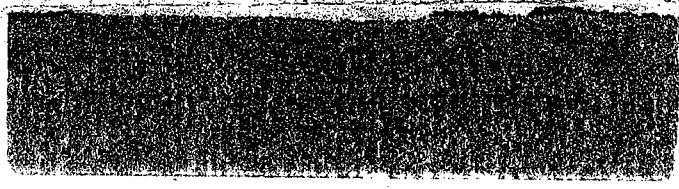
SVBC MOUNTAIN RALLY

November 17 at 10 AM. Any interested riders are invited to Union Springs Dam, back of Ottobine, to participate in the SVBC's first Annual Fat Tire Rally. Events will include a hill climb of approximately 3 miles, a downhill event of the same distance and a cross-country event of about 10 miles. Registration can be picked up at area bike shops, and there will be lots of prizes and fun for everyone. Bring your fat and come prepared. Entry fees are \$1 for members, \$3 for non-members.

JMU BIKE RACE

Sue Rippy returned to defend her Intramural Championship title October 28 on the hilly Convo-Ridgeville-Port Road loop of 7 miles with 18:26. Michelle Curling won the Novice Women's event and Craig Mauck beat the preppie boys by a huge margin in 15:55. Sue and Craig rode the "No Quiche" the day before just to be fair, but her 100 miles and his on his new Ritchey mountain bike still left enough to handle Madison's finest.

SHE NANDOAH
ALLEY BICYCLE CLUB
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HARRISONBURG, VA 22801



SVBC
MEETING:
"FITNESS"
MONDAY NOV. 11
7:30 PM
VALLEY WELLNESS CENTER

AAA BICYCLE REPAIR, BACK ALLEY BIKES, AND MARK'S BIKE SHOP
GENEROUSLY CONTRIBUTE TO THE COST OF THE SVBC NEWSLETTER
