

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

MARCH, 1986

1986 ELECTION RESULTS

The balloting for the 1986 officer's election is now complete. Approximately one-third of the membership voted within the allotted time.

PRESIDENT: Bruce Werner
VICE-PRESIDENT: Art Fovargue
SECRETARY: Mary Lu Lewis
TREASURER: Sue Rippy

Congratulations to the winners! Let's all get behind the Club this year and make it better than ever!

MARCH MEETING: REPAIR

Now that it's time to blow off the cobwebs off your knees and to think about oiling your chain, the March meeting on "Repair" is for you. Ed Gainer will talk about maintenance and repair tips. Come down to the Wellness Center on March 10, and join us!

DUES ARE DUE

It's time to dig deep, brothers and sisters, dig deep into your pockets and give unto the SVBC. Yes, it's THAT TIME again, so complete the membership form and return it to the Club along with your check payable to the Shenandoah Valley Bicycle Club. You can even save 22 cents by bringing your form (no pun intended) to the meeting. You will note that we haven't raised dues, so they're still a bargain. And remember, that if you forget to pay up, your friends will shun you, and you won't be getting this Pulitzer Prize-winning newsletter, so do it now!

MALL PROGRAM

We will be repeating our appearance at the Valley Mall during outdoor fitness week, on or about April 11. Volunteers are needed to setup a display and answer questions, along with some bicycles and gear. Contact a Club officer if you want to participate.

TOURING

Happy New Year--that is Happy New SVBC and bicycling year. While winter hems and haws here a bit, we are getting a few hints of Spring being around the corner. So now is the time to start getting in shape (or at least thinking about it) and the time to get your two-wheeler in shape.

Next Thursday, March 13, we'll have the year's first Touring Committee Meeting. If you are interested in helping plan the 1986 ride calendar, please come. Coffee, tea and cookies served. As mentioned in last month's Newsletter, the emphasis this year will be on having fewer rides, but have them better attended. I would like to ask everyone to make up a list of rides (types, events, places) they would like to see offered during the year. We'll discuss them, see what we have in common, and pare it down to what we think is a good overall selection. Meeting will be at 7:00 PM at Art and Kathy Fovargue's house--call if you need directions.

AGVITHH-V At this time we have gotten 14 applications, which is an excellent start. Plans are moving along. The next meeting of the AGVITHH-V committee is tentatively scheduled for Saturday morning, March 22, at the Heritage Restaurant. Call me or Donna Werner for details--all welcome if you have a helping hand to lend.

----Art Fovargue

RACING NEWS

SKINNY TIRES: The 1986 SVBC calendar will include information on United States Cycling Federation races within a reasonable distance of the Shenandoah Valley. The classes contested will be mentioned so that you SVBC riders who might not want to get a license right away can at least check out the action before you write that big check to USCF.

MARCH 26: Tour de Moore, Southern Pines, NC. Features a 100-mile road race for Senior I-IV, Women, and Vets. Shorter distances for slower classes, no doubt. Information: contact Bruce Cunningham, 1165 E. Massachusetts Ave., Southern Pines, NC 28387 (919)692-7315.

APRIL 26: Tour of Maryland Road Race. Towson, MD. For information on classes, distances and entry fees, contact Pat Rumbaugh, 621 Hillen Rd., Towson, MD 21204 (301)321-8625.

APRIL 27: Campus Criterium, sponsored by University of Maryland, will feature USCF, Collegiate (teams) and Novice races. \$6,000 minimum prize list. 1st event: 9 AM, sharp. Call Jim (301)454-4987, College Park, MD for more information.

The traditional SVBC Tuesday Ten-Mile Time Trials will resume in May, and the Thursday evening training rides will kick off in April to get everyone ready to please themselves in '86. 25 mile loops taken from our annual Century will comprise most of the routes and there will be many more Club-sponsored races ahead.

HOT TIPS FROM THE NEW YORK BIKE SHOW: March 9-11, will be written up in the April Newsletter along with the First Annual Race in Central Park, held at 6:30 AM, March 9. Classes: Senior I-IV, Women, Vets. Sponsored by Kissena New York Cycling Club. SVBC Racing Director Craig Mauch makes his USCF skinny tire racing debut there after 11 years of Frisbee, mopeds and fat-tire dilletantism. Keep your fingers crossed.

FAT TIRES: On April 13, the Spring Mountain Bike Classic will be held in Rosedale, NY. This annual event will include an 8K time trial and a 1-hour cross country race. Let's go north and ride with the Yankees! NORBA sanctioned. For information, contact Port Chester Cycles, 146 Main St., Port Chester, NY. 10573 (914)939-6683.

Craig and Coma of the Little Grill got out for a nice four-hour spin on March 5, to check out his fancy new yellow machine. Long Run Road was so mushy they settled for hammering to Fulks Run and back through the hills past Cootes Store with some drift races thrown in for variety. Coming back from mutual injuries, they agreed "the knee's just fine".

CANAAN MOUNTAIN SERIES: The Canaan Mountain folks in Davis, WV promise a full slate of racing for 1986. As many as 5 races are planned, and an Eastern Fat Tire Bike Week in cooperation with Elk River Mt. Bike Center is in the works. Get ready for the wilds of West Virginia by riding lots and coming out for the Saturday, 3 PM Fat Tire rides starting at the Old Virginia Ham Restaurant, March 17, and continuing through the Spring. These rides will stay close to town until the days are longer and the riders are stronger.

----Craig Mauch

FAT TIRE TIPS

When riding long distance or touring, carry emory paper to smooth any dings in your rims caused by flat tires. Use your finger to find rough spots--if you don't you may blow out a second tube. (editor's note: emory/sandpaper your tubes before patching them--it really does make a difference.)

When the chain and deraillieur get muddy on a mountain ride, use your water bottle to wash off the excess until you can get home and do a good job.

----Rodney Yankey

PRESIDENT

Ray Miller Bruce Werner

VICE-PRESIDENT

Mario Dennis Art Fovargue

SECRETARY

Mary Lu Lewis Eleanor Price

TREASURER

Al Clague Sue Rippy

Listed below are the persons nominated for offices in the SVBC for the 1986 bicycling year (3/86-2/87). Please vote for one person per office by placing a check in the box next to their name. Bring your completed ballot(s) (two for a family membership) to the February membership meeting (Feb. 10, 1986), or return to one of the nominating committee members by March 1, 1986. Nominating committee members are: Virginia Shenk, Sue Rippy, Mario Dennis, Art Fovargue.

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