

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

APRIL, 1986

THE PRESIDENT'S CORNER

OK. Now that I'm President of the SVBC...what next?

Well, I'd like to thank all of you for your votes and support, and welcome our new club officers. Next, thanks to our past president, Eleanor, and the other officers, for all the time and effort invested in our club last year. You all did a fine job, and we appreciate your contributions.

Spring is the time to look forward, get ready. Here's a preview of the things coming up for SVBC members.

---New meeting format from June through August. Club meetings will be held outdoors in Purcell Park at a shelter. We will ride at 5:30 and meet at 7:00 PM.

---Special rides. We will be getting together to ride new routes, more interesting destinations, overnight tours, and more club competition for all levels.

---And of course, the favorites from last year are back: "No Quiche", Century, time trials and more.

Spring '86 will be the beginning of an active, interesting cycling season for the Shenandoah Valley Bicycle Club and you. See you riding!

EXECUTIVE COMMITTEE MEETINGS/NEWSLETTER DEADLINES

Beginning in May, executive committee meetings will be held on Tuesdays at 6:30 at Bruce Werner's house. We should be able to transact business a little faster. Also, those with submissions to the newsletter should get the material to Mario Dennis NO LATER than the Wednesday before the monthly meeting. This will permit him to get the newsletter typed, printed, stamped, labeled, folded, and mailed on Thursday or Friday--which is already cutting it close.

APRIL MEETING: SWAP MEET

This is the Big Event, folks! The umpteenth swap meet, and they're still fun! Come see what Dave Lewis has bought over the winter, and don't forget Eleanor's Shop-at-Home service! This is it! Bring your goodies and your cash and gear up!

RACING NEWS
by CRAIG MAUCK

SKINNY TIRES

TRAINING RIDES--Thursday evenings at 5:00 PM the rest of April will see interested riders at Nichols parking lot. The next 25-mile ride will be the Bridgewater/Stokesville quadrant of the SVBC Century course. Riding in a pace line and echelon for wind will be emphasized. Spring is here!

TIME TRIALS--These annual Tuesday 10-milers on an out-and-back course off 257 west of Dayton on 738, will resume in May. Start time will be 6 PM, so come early for warm up. Times for 10 miles ranged from 22:30 to 35:00 in 1985, so the clock is your only competition. Attending a few training rides on Thursday will surely help. Feel free to go out and ride the course anytime. Five miles on 738 to Rt. 613, and bomb on back. The road will be marked during April, so no one will get lost.

RACING--Craig Mauck placed in the top 15 in the crash-infected Category IV race in Central Park, NYC, March 9. Twenty-five degree temperature and a light snowfall made for a slow, dangerous race. The real trip was the New York Bike Show, where the new pedal systems were featured along with anything aero. Disc wheels are hot and heart rate based training seems to be the way to go. Cycle clothing is the new fashion rage. On and off the bike.

Local ten-speed riders did well in the Whole Velo Club sponsored "Ashburn Series" in March. Sue Rippey got dropped in the sprint in the second race so came back for the fourth race to finish second. Craig Mauck made it to the third race and helped a breakaway of six jam ahead of the 15 other riders for 22 miles, only to fade off in the last mile when the wheel suckers started to pull through.

The National Capitol Open is May 4, and takes place on the streets of downtown D.C. Racing starts at 8:30 AM and continues through the day.

FAT TIRES

RACING COURSES--With the nearly infinite variety of surfaces that Fat Tires can negotiate, a rider need not worry if he can go from Point A to Point B. The question in racing is "how fast" can it be done, and if pushing, carrying, or riding is the way to go. In three years of taking what the promoters offer, I have encountered some real nasty stuff. The mud holes in West Virginia are probably the worst because even after you are past them, there is no guarantee that the bike will still function. Climbs are no problem, due to the low, low gears on most all mountain bikes. The question is how slow is slower than a dismount and run? Or walk? Only a legendary "downhill" is ever faster on foot than a bike, but the time spent finding bike, glasses, and rider after an over-the-bars experience may erase any time advantage. A Zen admonition to "follow the path of least resistance" is the obvious dictum. This means high side of the trail, dry side, between rocks, and around logs, if possible. Look ahead, plan ahead and spend less time racing other riders. "Race the course" and you may find yourself sitting on top of the world.

NORBA insurance--Faced with a loss of liability insurance, meaning no race calendar, Glenn O'Dell pulled a great move at the New York Show Competition meeting, and got commitment from several industry giants to purchase a \$40,000 policy for 1986. All amateur sports have been affected by this problem of loss of coverage, but for now, let the fat fly! Ride safe!

FAT TIRE TIPS--Go out in the mountains for some picnics on your bike...put your drinks in a stream until you need them...Wear your helmet...get a friend out for a ride and share the fun!

TRIALS--Congratulations to Ray Miller for getting a photograph published in the Jan/Feb '86 issue of Fat Tire Flyer, which is mostly about Observed Trials, the exciting new low-speed mountain bike event. Keeping both feet on the pedals as one negotiates steep, wet, slippery, rocky, contorted sections with no attempt at speed makes Trials an easy event for anyone to get into. Without the emphasis on risk and power, women riders may find Trialing is their way to shine on Fat Tires. Low pressure, maximum volume knobbies and big, spikey pedals are basic equipment. After that, you can choose to remove the larger two chainwheels for several inches more clearance, or even go so far as to buy a special short wheelbase, high bottom bracket, custom machine with a skid plate. Look for dates in this newsletter on the Canaan Mountain Series '86, which will include trials as a regular part of all events.

TOURING

Spring is definitely here, not to mention hints of summer. I hope you've had more opportunity to spin that crank than I, but I'll try to catch up. If you haven't blown the winter dust off your bicycle, don't delay any longer. If you put it off, next thing you know it will be July, and you'll be saying, "Oh, the heck with it, I'll never keep up with anyone now."

First perform that basic maintenance needed to make for more enjoyable and safe riding: air in the tires, seat and handlebar positions, lubrication, check brakes. No excuses: if you don't have the time, inclination or knowledge, take your cycle to one of the local shops for its spring checkup.

The Touring Committee has been busy conjuring up some ideas for special rides this year. Your preferences will be polled at the April meeting. Included in our thoughts are some possible overnights:--Eastern Shore Tour, Lexington (start in Staunton), Tusing's Family Campground in Broadway, Shenandoah National Park, Highland Retreat, Natural Chimnies. Other possible rides are a picnic to Shenandoah Caverns or Natural Chimnies, a progressive dinner ride, strawberry shortcake ride, scavenger hunt, breakfast ride, and of course, the National Century rides in September. The consensus was to offer 1 or 2 weekend rides per month.

We'll be having another meeting later in April to finalize this year's schedule of rides. If you are interested in the planning of the SVBC Touring Calendar, we need your input. Call, or let me know at the meeting that you'd like to help and I'll let you know when the next Touring Committee meeting is scheduled.

AGVITHH-V--At last check there were 43 paid applications. Get your application (available at local bike shops) in soon if you plan to go. It's filling up fast.

---Art

RIDE CALENDAR

Sunday, April 13. "Getting Started Ride." 2:00 PM, Kiester School. This is a ride for beginners. Will spend some time going over basics of safety and riding technique, and answer any questions. Then we'll go on a ride of about 10 miles--probably the 910 loop. A couple of stops will be planned during the ride to regroup. Pace be slow--Class D. Rider leader: Art Fovargue (433-9247).

Sunday, April 27. "A Backwards Ride". 1:00 PM, Plains Elementary School (enter Timberville city limits on 42 south from H'Burg; turn right at traffic light on route 800. School on left, .3 miles). A slow paced, leisurely ride out of Timberville, to New Market and Quicksburg. Cross a real covered bridge--one of the few in the state. Moderate hills, some flat terrain, 27 miles. Class C. Leader: Ray Ritchie (896-2913).

Saturday, May 10. "Mother's Day Ride". 9:00 AM, meet at Investor's S & L across from the Mall. 12-15 miles, D pace. Loop to Keezletown and back with break for snack (bring your own). Also may snack at end of ride. Anyone who has, or had a mother is welcome. However, any husband who leaves his wife home with the children will: (1) Be chastised; (2) have their frame angles altered; (3) have their tires flattened; or (4) all of the above. Ride leaders: Donna Werner (433-8977) and Kathy Fovargue (433-9247).

Sunday, May 18. "Liberty Ride". 12:00 Noon, Montevideo Intermediate School (Rt. 33, east of H'Burg). 40-50 miles, C-B pace, breaks included. Wear red, white and blue. This will be a historical tour of the eastern part of Rockingham County, 5-6 hours total time. More details in next newsletter. Leader: Eleanor Price (433-0539).

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 average.

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.

In the 3/14/86 Daily News Record there was a photo of a tricycle for telephone line repairmen. Invented by Lu Meiqi of China, this cycle is adapted to climb utility poles, so the lineman doesn't have to leave the saddle. Dream on, Glen Campbell! Perhaps an enterprising mountain biker can make a similar modification for an assault on Seneca Rocks.

SHENANDOAH VALLEY BICYCLE CLUB
MEMBERSHIP APPLICATION

NAME(S) _____ PHONE _____

ADDRESS _____
(street/box) (city) (state) (zip)

TYPE OF MEMBERSHIP DESIRED

INDIVIDUAL (\$5/YR) _____
FAMILY (\$8/YR) _____
JUNIOR (\$2/YR) _____
(12-16 years)

TYPES OF CYCLING

RACING _____
TOURING/CAMPING _____
DAY/FAMILY RIDES _____
MT. BIKES _____

WOULD YOU BE WILLING TO SERVE ON A CLUB COMMITTEE? _____ YES _____ NO

RELEASE

All Club members must sign the release below. For persons under the age of 18, the parent or legal guardian must sign.

In signing this release for myself, or for the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, and the members, also any others connected with events sponsored by the Club in any way whatsoever, for blame, liability, misadventure, harm or loss or inconvenience suffered. I understand that the Club is not responsible for and is not an insurer of my personal safety. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and practice courtesy and safety in cycling.

Signature of Club member Date Signature of parent or guardian of person under 18 years

RETURN TO: Shenandoah Valley Bicycle Club
P.O. Box 1014
Harrisonburg, VA 22801

**SHE NANDOAH
ALLEY BICYCLE CLUB**

P.O. BOX 1014
HARRISONBURG, VA 22801



**SVBC
MEETING:**

"SWAP MEET"

7:30 PM - MON. APRIL 14

WELLNESS CENTER

"DUES R DUE"

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