

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

MAY, 1986

MAY MEETING: THE RACE ACROSS AMERICA

This month's meeting will be held at the usual place, the Valley Wellness Center on Pleasant Hill Road, at the usual time, 7:30. The event for the meeting will be viewing a video of the Race Across America, held last year. This should be an outstanding evening, so join us!

TOURING

Included in this Newsletter you will see the Touring Committee's most ambitious project to date--most of the year's schedule of rides. This way, hopefully, we can all plan ahead and you can mark your calendar the rides that interest you. Some of the rides from July on are somewhat tentative, but we don't expect any major changes. Check future Newsletters for times, meeting places and other details.

Also, you will note, many of the rides have a rain date associated with them. Always call the ride leader to be sure if a ride has been (or is to be) cancelled due to rain, 'cause some of these leaders will ride in anything. Regarding the Thursday nights rides in Timberville, Ray Ritchie says if there is enough interest and leaders, they will have rides on the 3rd and 4th Thursdays of the month, too.

Some of the rides (notably 7/14, 7/16, 8/3, 8/11, 9/3) do not have leaders yet. Please don't be shy if you would like to lead one of these. Just give me a call. The "Bike Aid" ride on August 3 will ride out to meet those riding cross country as part of "Bike Aid '86". This is one of the groups riding from seven different cities to Washington, D.C., and then on to New York. The group, starting from San Francisco on June 16, passes through Harrisonburg; about 30 are expected. This tour is started by the Overseas Development Network, Inc., and the funds raised from pledges will be used in combatting world hunger and poverty. The group also needs a place to stay around Harrisonburg, so if anyone can help out in that respect, please call. Anyone interested in riding cross country with the group, I have pamphlets and registration forms.

For those interested in touring in Europe, I've received a letter from Mr. Pierre Clary of France. He is organizing two tours along the route of the famous Paris-Nice race for September. The distances will be from 60-120 miles per day (8 days) with some climbs up to 7,000 feet. This is for the in-shape tourist. If interested, write Pierre at 34 Rue Pasteur, 77360 Vaires Sur Marne, France.

---Art

USCF RACING IN NORTH CAROLINA

Craig Mauck and Sue Rippy attended the prestigious 11th Annual Tour de Moore, April 25-26. Over 600 racers from across the country participated. Friday's 8K Rainbow Cycles Prologue Time Trial resulted in Craig placing 4th (with a time of 9:52:89) in the Senior IV category of approximately 200 riders. This automatically placed him 5th in the Vet category. Sue placed 1st in the Vet Women's category at 10:53:05, edging Fuji-Suntour's Joan Paul by 19 seconds. Saturday's Tour de Moore Road Race proved unfortunate for Craig, as he was involved in a 20-person pile-up. Craig's OK, but his new 2-day-old bike, trashed! Sue's luck held and she placed 2nd Vet, covering the same 32-mile course from Southern Pines to Carthage.

THIS IS YOUR LAST CHANCE...

to pay your dues, or else this award-winning newsletter, hand-delivered by uniformed representatives of the federal government, might disappear from your mailbox forever! Imagine your confusion and embarrassment when you show up for rides on the wrong day or at the wrong place. Think about all the rides you offered to lead, but you can't remember the destinations. Had enough? Then sit right down and write a check to the SVBC for your dues, and do it now before you forget!

FAT TIRES--TIPS

Spring brings profuse low growth on most any trail. This new green can conceal stuff that makes for great falls, so be cautious when busting brush.

The briars are re-emerging too, so be sure to take a spare tube, wrench and pump on any ride that ends up farther away than you want to walk.

Reports from the National Park by riders who rode the fire trails to Old Rag say the few hikers encountered were pleased to see bikes that could go into that sort of terrain. Repeat: no animosity, just the trail family sharing mutual space.

RACING

The first event of the Canaan Mountain Series '86 will take place the third weekend in May. As usual, trials will be held on Saturday with the cross-country race on Sunday. Brochures are being printed and will be available at local shops. Come ride the first fat event on the East Coast in 1986.

On the national front, NORBA (National Off-Road Bicycle Association) is sending out letters to shops asking them for \$100 for shop memberships to be matched by industry giants. An alternative might be for the manufacturers to pay just 1-cent for each fat-tire bike they sell. Shops aren't really getting rich off the (mostly) inexpensive metal that the biggies are importing for the under-\$300 market!

SKINNY TIRES

Training rides will continue throughout the summer, with Thursday at 5:00 PM seeming to be a good time for everyone. Nichol's parking lot gives us access to many great rides in any direction. The quad system from the century course holds for May, and in later months we will add hilly courses and practice for club events, which will include a hill climb up Reddish Knob, a 25-mile time trial, and the Tour de Montezuma this fall.

Time trials resume May 6th, on the usual course west of Dayton on 738. The surface is not as nice as the new pavement put down before the flood, but should be OK for light tubular fanatics. Starting time will be 6:00 PM, so come early to warm up. We will be asking non-members to put up 50 cents for use of club energy and to print results in the Newsletter.

---Craig

SKINNY TIRE RACING CALENDAR

The Third Annual Parkersburg Criterium will run May 18 on a 1 kilometer downtown course. All USCF classes and citizen races will be contested. Info: Kathy Scala, Rediscover Parkersburg, 720 Juliana St., Parkersburg, WV, 26101. (304) 422-3588.

Blacksburg Criterium. Sunday, May 25. All USCF classes. Distances vary by class. Info: Dave Andrews, The Unicycle, 208 S. Main St., Blacksburg, VA 24060. (703) 951-3300.

USCF Veteran National Criterium Championships, May 25, Somerville, NJ. Info: Century Club of America, Fred Kuhn, 43 Witherspoon St., Princeton, NJ, 08540. (609) 924-1052.

Sixth Annual Staunton 10-Miler, June 8. Will take place at Frank's Mill, VA, west of Verona. There will be prizes in Expert, Novice and Women's categories. Helmets required; entry fee will be \$5 for Expert, and \$3 for Novice and Women racers.

Remember--when requesting race or tour information always include a self-addressed stamped envelope as a courtesy.

RIDE CALENDAR: MAY-AUGUST

Saturday, May 10. "Mother's Day Ride". 9:00 AM, meet at Investor's S & L, across from Mall. 12-15 miles, B pace. Loop to Keezletown and back, with break for snack (bring your own). All welcome, however, husbands who leave their wives home with the children will be banished. Ride leaders: Donna Werner (433-8977) and Kathy Fovargue (433-9247).

Wednesday, May 14. "Bird Ride". 5:45 PM, Spotswood Elementary School. Ride to Lake Shenandoah and see what kind of birds are about. Bring your binoculars or telescope. 13 miles, B pace. Rain date: 5/21. Ride leader(s): Art and/or Kathy Fovargue (433-9247).

Thursday, May 15. "Thursday Nighter", 6:30 PM, Plains Elementary School, Timberville. 10 miles, C pace. Ride leader: Ray Ritchie (896-2913).

Sunday, May 18. "Liberty Ride", commemorating Statue of Liberty Day. 12 noon, Montevideo Intermediate School (just off Rt. 33, east of Harrisonburg, just past Penn Laird). 30-40 miles, C-B pace. Plenty of stops. A beautiful and educational ride along the Shenandoah River. Wear something red, white and blue. Rain date: 5/25. Rider leader: Eleanor Price (433-8539).

Sunday, June 1. "Take Your Pick". 10 AM, Waterman Elementary School. a) "Getting Started Ride". 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 915 loop. A couple of stops will be planned along the ride to regroup. Slow pace--B pace. Ride Leader: Art Fovargue (433-9247). b) "New Market Ride". Ride to New Market Battlefield--bring your own lunch or buy it there. About 40-45 miles, C pace. Meet at Waterman School, 10 AM. Rider leader: Mario Dennis (434-3521). Rain date for "Getting Started" will be 6/8.

Wednesday, June 4. "Strawberry Shortcake Ride". 6:00 PM, at Dave & Mary Lu Lewis' house (call for directions). Ride 10-15 miles, then sit down to numerous and delicious strawberry concoctions by Mary Lu. If it rains, skip the ride but meet at 7:00 PM for strawberries. Ride Leader: Mary Lu Lewis (867-5363).

Thursday, June 5. "Thursday Nighter". 6:30 PM, Plains Elementary School, Timberville. Call Ray Ritchie (896-2913) for info.

Saturday, June 7. "Infirmity of the Mind and Purification of the Body" and breakfast. Shoney's parking lot (new location, across from Taylor Rental). Back by popular demand--ride to top of Massanutten and return. Meet at 7:00 AM for breakfast, ride will leave at 8:00 AM. About 25-30 miles, C+B pace. Rain date: Sunday, 6/15. Ride leaders: Dave & Nancy Cary (886-7988).

Monday, June 9. "Poker Hand". 6:00 PM, Purcell Park--Monument Avenue parking lot. Ride for an hour before the meeting--come find out what a poker hand is! Ride Leader: Bruce Werner (433-8977).

Thursday, June 12. "Thursday Nighter". Timberville. See June 5.

Friday-Sunday, June 20-22. "AGVITHH-V". Harrisonburg, VA to Harrisburg, PA. 200 miles. Stay overnight in college dorms. Limited to 100 riders. Go to local bike shops for info and application or call Donna Werner (433-8977) or Art Fovargue (433-9247).

Sunday, June 29. "Shenandoah Caverns Picnic". Ride leader: Ed Funkhouser.

Thursday, July 3. "Thursday Nighter". Timberville (see June 5).

Thursday, July 10. "Thursday Nighter". Timberville (see June 5).

Sunday, July 13. "Skyline Drive". Meet at Swift Run Gap, 7:30 AM. Bruce Werner (433-8977).

Monday, July 14. Meet at 6:00 PM for ride before monthly meeting.

Sat-Sun, July 26-27. "Dundo Overnight". Camp out on Skyline Drive. Nancy & Dave Cary (886-7988).

Sunday, August 3. "Bike Aid". Ride to meet cross-country riders on Bike Aid '86 tour.

Wednesday, August 6. "Fudgeberry". Evening ride followed by ice cream, fudge, and berries. Also included: a tour of Al and Sue's rabbit-ravaged garden. Al Clague (433-3241).

Thursday, August 7. "Thursday Nighter". Timberville (see June 5).

Monday, August 11. Meet at 6:00 PM for pre-meeting ride.

Thursday, August 14. "Thursday Nighter". Timberville (see June 5).

Saturday, August 16. "History Ride". 20 miles, C pace. Picnic where George Washington ate lunch. Art Fovargue (433-9247).

Sunday, August 24. "Vinery Ride". 10 AM, Plains Elementary School, Timberville. Ride to Shenandoah Vineyards in Edinburg. Leader: Ray Ritchie (896-2913).

Monday, August 25. "More In Firmity or Infirmity". Up over Massanutten the clockwise route. 5:30 PM, Spotswood Elementary. 25 miles, B pace. Rain date: 9/8. Leader: Art Fovargue (433-9247).

Saturday, August 30. "Breakfast Ride". Possibly Timberville Quick-Lunch. Raindate: 9/6. Art Fovargue (433-9247).

Lincoln Dinner

SVBC MAY-AUGUST RIDE CALENDAR

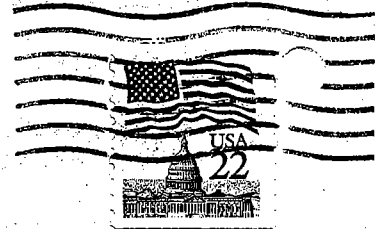
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAY 5	6	7	8	9	10 MOTHER'S DAY RIDE	11
12 CLUB MEETING	13	14 BIRD RIDE	15 TIMBERVILLE 6:30	16	17	18 LIBERTY RIDE
19	20	21 R.D. (RAIN DATE)	22	23	24	25 R.D.
26	27	28	29	30	31	JUNE BEGINNER OR NEW MARKET RIDES
2	3	4 STRAWBERRY RIDE	5 TIMBERVILLE	6	7 MASSANUTTEN/SHONEY'S	8
9 CLUB MEETING/ RIDE BRUCE	10	11	12 TIMBERVILLE	13	14	15 R.D.
16	17	18	19	20	21	22 AGVITHH V
23	24	25	26	27	28	29 SVBC PICNIC SHENANDOAH CAVERNS
30	JULY 1	2	3 TIMBERVILLE	4	5	6
7	8	9	10 TIMBERVILLE	11	12	13 SKYLINE DRIVE
14 CLUB MEETING/ RIDE BRUCE	15	16 PIZZA @ BRIDGEWATER	17	18	19	20
21	22	23	24	25	26 SKYLINE DRIVE	27 OVERNIGHT
28	29	30	31	AUGUST 1	2	3 BIKE-AID
4	5	6 FUDGE BERRY	7 TIMBERVILLE	8	9	10
11 CLUB MEETING/ RIDE BRUCE	12	13	14 TIMBERVILLE	15	16 HISTORY	17
18	19	20	21	22	23	24 SHENANDOAH WINERY
25 MASSANUTTEN	26	27	28	29	30 TIMBERVILLE QUICK LUNCH	31

TOURING RIDE CODE
 CLASS A Strong, experienced riders. Expect difficult terrain. 20-30 miles at 14-22 mph pace. Few, if any, stops.
 CLASS B Consistent pace, 15-60 miles at 12 to 16 mph average. Some hills likely. For the competent cyclist. Some stops.

BRUCE VA

CLASS C For average riders, 10-25 miles at 8-12 mph pace. Stops frequently 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.

SHE NANDOAH
ALLEY BICYCLE CLUB
 P.O. BOX 1014
 HARRISONBURG, VA 22801



SVBC MEETING:

MONDAY, MAY 12 - 7:30
 VALLEY WELLNESS CENTER
 "RACE ACROSS AMERICA"

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