

# SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

SEPTEMBER, 1986

## SEPTEMBER MEETING: THE LAST POKER-HAND RIDE

The September meeting will be held in Purcell Park, Shelter #2 (same as last month) at 7:30 PM. At 6 PM, the last poker hand ride will be held, starting at Shelter #2. Ante for the ride will be \$.50, rather than the \$1.00 of last month's ride. This is the last outdoor meeting of the summer, so join us!

## CENTURY UPDATE

Plans for the Shenandoah Valley Century are coming along well. We have mailed notices to bicycle shops, other clubs, and some past riders. Next to work on is media contacts. Posters will be going up soon--we should have them available at the next meeting.

The Century is our club's biggest event of the year, so be sure to make every effort to come out and ride. Routes can be put together in many combinations to put together rides of 25 to 100 (or more miles), a distance for any ability. Maps, refreshments, sag service, baked goods and other support are provided and the roads traveled are back roads with low traffic volume. See registration form enclosed. For more info, call Ray Miller (433-5484) or myself.

As an added challenge this year, collect sponsors to pledge for miles ridden to support St. Jude's Children's Research Hospital. Participants in the Bike-A-Thon aspect of the Century is not required for registration. However, we encourage you to help a worthy cause and give some real meaning to your ride. PRIZES!! Prizes will be given to the top five pledge-getters, including a \$50 top prize, and a polypro jersey donated by Mark's Bike Shop. Sponsor forms are available at local shops along with additional century registration forms, if needed.

Item last--mark your calendar and sack of flour now so you'll be sure to remember to bake a goody for the century. The baked goods are what everyone talks about, and returns for. This is how you can support the Century. Bring your baked od to my house or Werner's the day before the ride, or to Shelter #2 in Westover Park the morning of the ride.

I look forward to seeing you the 28th. Tell all your friends about the Century and how good they'll feel after riding it. Word of mouth is our best advertising. Next Century Committee meetings are September 11 & 25, at Art's.

---Art

## RACING NEWS: FAT TIRES

The First '86 East Coast NORBA event took place August 23, in Bolton, Vermont. Gene Bell of Winoski Bicycle Shop was the sponsor and offered seven sections of challenging trials riding that brought out

the specialists with their custom mounts with the skid plates, single gears and trick geometry. Mike Augsburger of Massachusetts won Expert Trials and Craig Mauck of SVBC placed 5th. Sue Rippy placed 3rd in Women's EXpert Trials. The 20K Enduro featured a very sloppy, rutted course that had seen nine and a half inches of rain in the last two months. It amounted to a mile-and a half of wading, running, walking with the bike and a mile or so of hillclimb. About an inch of rain fell during the race and local mudder Mauck place 3rd, overall. Sue Rippy ground out four laps as first expert woman. Times: Mauck 65:35 (3rd); Rippy 89:51 (9th).

The "New England 4-Day Fat Tire Stage Race" takes place September 11-14 at Wendell State Forest near Millers Falls, Massachusetts. The biggest and best run East Coast NORBA event will feature 8 stages to include Observed Trials and 7 stages of Time Trials, Off-Road Races and a 40-mile Enduro. Over \$5000 in prizes and cash will be awarded, and all the top national riders will be there. For information call 1-800-221-6764.

Stay tuned for local Fat Tire action which begins in October. Events will include Observed Trials workshops and competition, a Fat Tire Hillclimb and a Cross-Country Race and Tour.

#### SKINNY TIRES

The First Annual Reddish Knob Hillclimb and Party takes place Sunday, September 7 at 1 PM, at the Hone Quarry Recreation Area turnoff on Rt. 257, two miles west of Briery Branch. All cyclists are welcome, and registration begins at noon. Entry fee is \$3 for non-SVBC members; \$1 for members. Prizes in Novice and Expert categories. Food and beverages will be provided at the top of Reddish Knob, elevation 4,397 feet. The course is approximately 10 miles, and a low gear of 50" is recommended. Flyers available at local bike shops.

August saw lots of new faces turn out for the regular Tuesday evening time trials. The course is in the best condition ever after recent repaving, and mid-October will see the end of these fast, fun events 'til next May, due to shortening daylight hours. Riders are reminded of the rain date policy, whereby Wednesday becomes the day if Tuesday is rained out. Starting time is still 6 PM.

The promised 25-Mile Time Trial is scheduled for October 5 at 1 PM. The course will be to Ottobine on 257 with a right on 613, leading to the end of the 10-mile time trial course, and on in. Two laps will comprise 25 miles, and is a warm-up for the 3rd Annual Tour De Montezuma, October 19. Sign-up begins at noon at the intersection of 257 and 738, the 10-mile starting line.

The 3rd Annual Tour De Montezuma will be held Sunday, October 19, at 1 PM. The route will be to Ottobine Store on 257 and right onto 613, to the intersection with 738 (the turnaround point for the regular 10-mile time trial course) and will consist of two laps for Novice and three for Experts. Classification will be based on Time Trial times in 1986, with 25:30 being the cut-off point for Novice Contenders. Prizes will be awarded to 5 places in each class. Entry fee will be \$3 for non-SVBC members; \$1 for members. Helmets required to ride. Registration begins at noon.

RIDE CALENDAR: SEPTEMBER-OCTOBER

SUNDAY, September 7. "Reddish Knob Hillclimb". 1:00 PM, Hone Quarry turnoff. Prizes, refreshments and rarefied air. See elsewhere in Newsletter for more info.

MONDAY, September 8. Poker Hand ride before meeting. 6 PM, Purcell Park, Shelter #2.

THURSDAY, September 11. Century Meeting, 7 PM, Art's house (216 Monument; 433-9247).

SUNDAY, September 21. "Worker's Century". 7:30 AM, Shelter #2, Westover Park. Ride 25, 50, 75 or 100 miles. For people working the day of the Century, those who want to do 2 centuries, or others who can't make it on the 28th. Ride at your own pace--no support. Maps provided. Ride coordinator: Bruce Werner (433-8977).

SUNDAY, September 28. "Shenandoah National Century and St. Jude's Children's Hospital Bike-A-Thon". See details elsewhere in Newsletter.

WEDNESDAY, October 1. "Wednesday Nighter/Dinner Ride". 6 PM, Waterman. C pace; 10-12 miles (an hour's worth of riding). Ride followed by Golden China (downtown). Rain date: 10/8. Rider Leader: Mary Lu Lewis (867-5363).

SATURDAY/SUNDAY, October 11-12. "Highland Retreat Overnight". Camp over (in luxury) at Highland Retreat. A great getaway at the peak of the fall season. Mur & Mario Bennis (434-3521).

SUNDAY, October 26. "No Quiche Ride". Leader: Dave Lewis (867-5363).

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, 12-16 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 include, hills definitely kept to minimum.

CLASS D--5-15 miles on any well-maintained bicycle. Frequent stops, mostly easy terrain. Less than 10 mph average.

AUGUST TIME TRIALS

	8/5	8/12	8/19	8/26
Larry Parker	27:53	28:25		28:07
Joelle Austin	28:33	28:28	28:38	28:00
Tim Wolters	27:21			26:57
Sue Rippy	26:24	26:23	27:01	26:41
Steve Baker	25:47	25:51		stiff chain
Craig Mauck	22:35	22:30	22:30	23:15
Al Clague	flat	24:35		24:15
Jamie Smith	23:40	24:04		
Mike Wenger	24:15	24:31	24:13	24:11
Bill McCarrick	22:50	23:08		23:08
John Hair	26:19			
Ken Duncan	23:45	23:24	25:31	
David Frye	28:02	26:54	26:06	26:20
Ray Miller		25:47		25:23
Tom Houff		25:39		
Michelle Curling				29:05
Mike Cullerton				28:39
Drew Shull				29:54
Mike Miller				25:40
Larry Grossman				26:24
Dennis Herr				25:20
Bob Martin				27:56

SVBC RIDE CALENDAR: SEPTEMBER-OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 <u>SEPTEMBER</u>	2	3 RIDE	4	5	6	7 REDDISH KNOB HILL CLIMB
8 CLUB MEETING	9	10	11	12	13	14
15	16 TIME TRIALS	17	18	19	20	21 WORKER'S CENTURY
22	23	24	25	26	27	28 CENTURY
29	30 ↓	<u>OCTOBER</u> RIDE/DINNER	2	3	4	5 25 MILE TIME TRIAL
6	7	8	9	10 LUNG ASSOC.	11 BIKE TREK HIGHLAND RETREAT	12
13	14	15	16	17	18	19 TOUR DE MONTEZUMA
20	21	22	23	24	25	26 NO QUICHE RIDE
27	28	29	30	31		

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

**SVBC  
MEETING:**

MONDAY SEPT. 2 - 7:30  
 RIDE AT 6:00  
 DURCELL PARK

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 MARK'S BIKE SHOP GENEROUSLY CONTRIBUTES  
 TO THE COST OF THE SVBC NEWSLETTER  
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