

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

AUGUST 1987

Officers

President: Art Fovargue 433-9247
Vice President: Ray Ritchie 896-2913
Secretary: Mur Dennis 434-3521
Treasurer: Sue Rippy 433-3017
Racing: Mike Wenger 828-2523
Touring: Ray Richie 896-2913
Publicity: Eleanor Price 433-0539
Newsletter: Julie Drinkard 879-2649

President's Column

Hope you caught some of the Tour de France this year. It was quite wide open and an exciting race. The 7-Eleven team had a good showing with 3 stage wins and placing 2 riders in the top 20. If you appreciated WHSV-TV and the Daily News Record's coverage, why not drop them a line?

As a tribute to bicycling in the Valley, Norm Gulliksen was approached by league of American Wheelmen personnel about holding a GEAR (Great Easter Rally) here. Two GEAR's were held in Harrisonburg in the 1970's and left positive impressions. These meets draw thousands of cyclists. Norm responded that the SVBC isn't large enough to sponsor a GEAR, but would be willing to work with any group that wishes to sponsor.

The Shenandoah National Park reversed its decision to ban the Baltimore Bicycle Club's Tour in September, with the stipulation that it be limited to 80 riders. (See 7/22 Daily News Record). It is good to see the Park is willing to compromise.

Remember the bicycle shops in our area: AAA Rearview, Cool Breeze and Mark's. They all support bicycling in the area and the SVBC. We urge you to use their services.

- Art

Meeting

for AUGUST: POKER HAND AND PICNIC

Monday evening August 10 the SVBC will hold its second poker hand ride of the year. The club will donate the pot, so the winner will have an immediate payback on his/her dues. Come to Westover Park, shelter #2, at 5:45 PM to register. The ride will leave at 6:00 PM sharp. The ride will be about 14 miles, ride at your own pace.

After the ride, about 7:30, we'll have a pot luck dinner. You don't have to ride to partake in the feast (nor do you have to stay for the feast if you ride). Bring some type of food for the dinner: Main course, veggies, salad, bread, dessert, etc. Also bring your own plate and utensils. The Club will provide lemonade, iced tea, cups and paper towels. Come rain or shine!

Minutes

from JULY:

Thanks to Mike Downey and Scott Powers of the Sports Medicine Center for an informative program on how to prevent or treat bicycling related injuries and a review of services and facilities available. Although referral by a physician is required for treatment at the sports medicine center, Mike said he would be glad to give advice within reason. Another interesting point is that treatment is usually covered by patient's insurance on an outpatient basis. If you have any questions on the Sports Medicine Center, they can be reached at 433-4555.

Thanks for the letter (last newsletter) reminding each of us to take responsibility in maintaining good public relations at our Tuesday time trials. The property owner mentioned in the letter was personally apologized to the day after the incident. The club is functioning as it should be in promoting cycling, through each members' concern and actions. Let's remind each other to keep the start/finish area clear for the safety of traffic and racers finishing.

- Mike Wenger

New Members

Welcome to new SVBC members Joan Eye of Harrisonburg, Rose Garrison and family of Harrisonburg and Roxanne Mendelson of Charlottesville. Hope to see you on some SVBC rides real soon!

Note these dates for big SVBC races this fall:

Racing	Tour de Montezuma	September 20, 2:00 PM
	Spring Hill Road Race	October 11, 2:00 PM
	Reddish Knob Hill Climb	October 25, 2:00 PM

Details to follow on separate flyer. Lots of prizes.



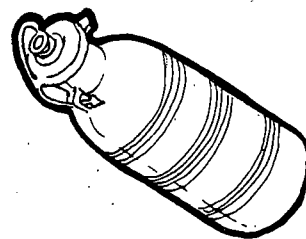
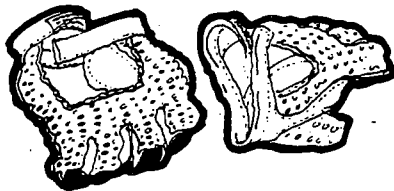
SHENANDOAH NATIONAL Century

Plans are off to a flying start for our fifth annual century. Posters are being printed and mailings have been made to past participants and other clubs. We are working on a new 25-mile route for this year and hope to make our sag wagons more visible. Of course we'll have as much food, including all the baked goods.

More help is needed. If you can help out before or at the Century, please call Art Fovargue, or come to the next Century planning meeting on Thursday, August 6 at Art's house, at 7:30 PM. In any case, start hunting for your favorite baked good recipe now, as we hope to get a baked goodie donated from all SVBC members.

Talk up the Century. Tell your friends in and out of town what a good ride and time it is. For further information, call Art Fovargue.

Ride Calendar



for AUGUST:
(SVBC)

SUNDAY AUGUST 9 - American Lung Association of Virginia Shenandoah Region sponsored "Pre-Trek Ride." This ride is to give interested bicyclists information about and preparation for the ALAV's fall trek into the historic triangle area of Virginia. Riders must wear helmets and must preregister at COOL BREEZE CYCLERY. Free pizza will follow the ride and T-shirts will be given to the first 100 riders to register. A free bicycle drawing courtesy of COOL BREEZE CYCLERY will be held following the ride. No registration fees. Cyclists can choose one of two loops (loop #1 - 7 miles, loop #2 - 20 miles). The rides will cover beautiful country roads west of Harrisonburg. Meet at the Pizza Hut on South Main Street at 1:00 PM to start the ride. There will be an assist vehicle available.

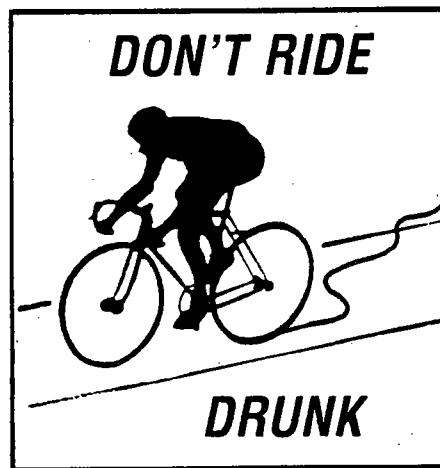
SUNDAY AUGUST 16 - "Annual SVBC Picnic." A must for all members! Great fun and food always present at the picnic! Place: Shelter #2, Westover Park. Time: For rides, 10:00 AM. Short and Long Loop rides are being planned for riders of all abilities. Eating time 1:00 PM. If you can't make the rides, come out for the food. Swimming is available at the pool for regular admission costs. Playground is nearby for the kids. Bring one or two of your favorite dishes to share, plates and eating utensils. Lemonade drink will be provided by the club. See you there!!!

WEDNESDAY AUGUST 19 - "Second Annual Fudgeberry Ride." 15 miles, C pace, 9:00 PM, Waterman Elementary School. Leader: Al Clague (433-3241) A must ride! Back by popular demand! Fantastic ride towards Singer's Glen followed by some fantastic carbohydrate loading, courtesy of Sue and Al.

SUNDAY AUGUST 30 - "Hog Pen Mountain Bike Ride." 10+ miles, 10:00 AM, meet at Plains Elementary School and drive to start of ride. Leader: Robert Coffman (896-9811). This ride is designed for the novice mountain bike rider. A nice, fairly flat route connecting the Hog Pen Dam with the Slate Lick Dam, over maintained forest service roads.

AND FOR SEPTEMBER...

SATURDAY SEPTEMBER 5 - "Wine Ride." 40 miles, C-B pace, 10:00 AM, Plains Elementary School, Timberville. Leader: Ray Ritchie (896-2913). If you missed this ride last year, you get another chance. The ride is to the Shenandoah Valley Vineyards where superb Virginia wine is produced. You can tour the vineyard and see all the different varieties of grapes followed by a tour of the Winery. Finally, you are given a taste of all the wines being produced from the extra dry white to the robust red. No sag is provided so don't sample too liberally!



(continued...)

Lead a Ride!

SATURDAY SEPTEMBER 12 - "No Quiche." 100+ miles, A pace, 8:00 AM, Waterman Elementary School. Leader: Any Brave Volunteer?? Want to test your "or bike" survival skills? This ride is definitely not for the flat land biker, small freewheel nuts or the weak of heart. Do you dare show up?? Really a nice scenic ride you can be proud to say you survived. A sag will be available for this ride.

SUNDAY SEPTEMBER 20 - Worker's Century. 7 AM, Westover Park. For those working the Century on the 27th or those who can't make the Century. 25, 50, 75 or 100 miles, maps, self-contained.

SUNDAY SEPTEMBER 27 - Shenandoah Valley Century, Westover Park. 100 mile loops register at 7:00 AM, off at 8; 25 & 50 mile loops register at 9:00 AM, off at 10. \$4.00 before 9/26, \$5.00 after. More details in September newsletter.

AND, SO FAR, FOR OCTOBER...

Ride

SUNDAY OCTOBER 4 - "Southern Branch." 40 miles, C-B pace, 10:00 AM, Gypsy Hill Park (Duck Pond), Staunton. Leader: Dave Cary (886-7900). A great "out of town ride." Come and see some new scenery. The ride will lead south to Middlebrook via Walker Creek Road. There will be store food available at the half-way point.

AND THEN THERE ARE THE OUT-OF-TOWN RIDES....

AUGUST 9 - The Great Race X or Captain Myles Keough Paddle, Wheel & Run. Auburn, NY. 4-person teams will run 6 miles, ride 17 miles and canoe (2 persons) 4 miles. \$45 entry fee per team - many categories. T-shirts and prizes. Further info: from Mike Kase (434-1985).

AUGUST 22 - 28 - Cycling Jersey, 225-mile tour, camping, sagged, downhill. Further info: SASE to Cycling Jersey c/o The Wayfarers, P.O.Box 73408, Washington, D.C. 20056.

SEPTEMBER 6 - The Spartan Century Circuit, Spartansburg, SC. 10, 25, 50, 63 or 100 mile routes. \$15 by 8/28. Patches, T-shirts, etc. Further info: Tom Wyatt c/o Spartansburg ADA, P.O.Box 8285, Spartansburg, SC 29305.

SEPTEMBER 11-13 - Historical Triangle Ride: Yorktown, Jamestown, Williamsburg. If you want to camp at Jamestown Beach Campsites Resort, reservations will be sent in Monday, August 3. Tent campsite: \$2.25 per person per night. All facilities of the resort and parking are included. Other expenses, out of pocket. If we have sufficient people on Friday night, a potluck dinner will be engineered. Other recommendations are the Picklebarrel L & D, 2 miles; or Ceaser's L & D, 2 mi.; or Chickahomony House, B., 5 miles. Rides from Resort: You decide. Recommendations: a bike tour of Colonial Williamsburg (bikes are permitted), tour of entire Colonial Parkway, tour of Yorktown battlefield. I have 21 bike maps of the historic triangle free to first 21 signers. Call Norm Gulliksen for further info (434-2692).

(continued...)

SEPTEMBER 19-20 - Cumberland Bicentennial Bicycle Weekend, Cumberland, MD.
 25, 50 or 100-miles and historic tour. Further info: SASE to The
 Appalachian Bicycle Club, Box 1254, Cumberland, MD 21502.

NOVEMBER 7 - 12 - Florida-Classical Safari, 8th Annual across Florida,
 sagged, camping. Further info: SAFARI, 90.7 WMFE-FM, 11510 East Colonial
 Drive, Orlando, FL 32817-4699.

JULY DRY RIVER TIME TRIAL RESULTS

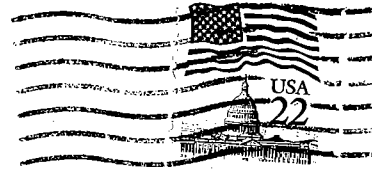
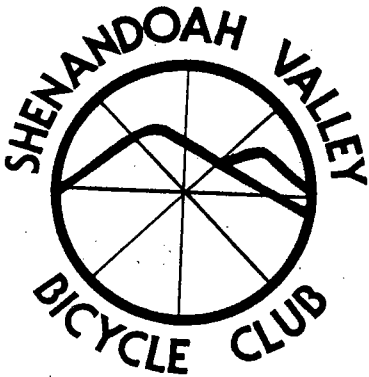
Name	7/7	7/14	7/21	7/28
Joey Allen	24:12			23:47
Wes Allen			27:33	
Joelle Austin	27:36	29:01		28:02
Serena Benson		29:04	27:56	
Dave Carey	26:45			27:22
Al Clague	24:22	24:30	24:00	
Lynn Davidson		31:37	29:36	28:53
Michael Derrer		31:11	27:43	
Julie Drinkard (Mt. bike)	33:41	34:04		32:18
Bernie Edwards	29:44			
Ronnie Epperly		25:24		
Steve Gardner			27:34	
John Haire	24:52	26:21	24:35	25:04
David Haynes		30:43		
Dennis Herr	24:09	24:49	24:03	24:00
Jody Hess		28:29	26:55	26:35
Tom Houff	23:57	24:39	23:05	
Duane Hunt		27:24		
Sydney Jackson		27:25		
Jill Johnson		28:12		27:03
Mike Kase	27:24	28:04	27:32	27:30
Larry Knuckles	26:46			
David Lovegrove	26:47	27:16		
Craig Mauck		22:49	24:01	23:04
Bill McCarrick	22:20	23:03	22:02*	22:18
Burt Metzler			25:24	
Mike Miller	24:19	25:41		24:33
Peter Mullen	25:22	26:16	24:53	
Eleanor Price		34:43		
Sue Rippy			25:34	25:20
Bruce Ritchie	28:30	30:03	27:24	26:45
Kurt Ritchie		28:46		
Steve Szibler	24:50			25:24
Georgina Valverde (Mt. bike)	34:52			
Les Welch				23:37
Mike Wenger	23:18	23:33	23:31	flat
Tim Wolters	26:38	26:23	25:38	26:38
Steve Wood	28:16			

* NOTE: Bill McCarrick's 22:02 time ties the course record that is held by
 Craig Mauck.

**2-Person Team Time Trial Results
(July 25, 1987)**

Men:	1st - Bill McCarrick and Craig Mauck	21:38
	2nd - Tom Houff and Mike Wenger	22:17
	3rd - Les Welch and Joe Allen	22:56
Mixed Team:	1st - Joelle Austin and Mike Kase	26:49
Women:	1st - Serena Benson and Jody Hess	26:45

Editor's Note: Please deliver any items you wish to include in the Newsletter to Julie Drinkard by the 3rd day of the month. Mail or drop them off to: P. O. Box 694/195 Main Street, Dayton, VA 22812. Thanks!



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22801

ART & KATHY FOVARGUE
210 MONUMENT ST.
HARRISONBURG, VA 22801

SVBC MEETING:

Monday, August 10
5:45 PM - Poker Hand Ride
7:30 PM - Pot Luck Dinner
Westover Park, Shelter #2

MARK'S BIKE SHOP generously contributes to the cost of the SVBC'S monthly newsletter.
