

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

December, 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 Ritchie	896-2913
Publicity	Eleanor Price	433-0539
Newsletter	Vacant	

PRESIDENTS COLUMN

Many thanks to Charles Churchman for sharing his adventures and thoughts on Bicycling in China, in addition to other aspects of life there. The photographs and slides were great. If you missed this meeting, you missed a good one.

Our January meeting on 01/11/88 will of course, be our gala annual feast. If you have any slides of SVBC events over the last year, let me know. The dinner will be pot luck, so start going through your recipes now.

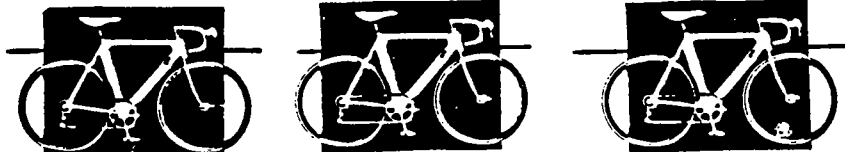
I hope you can utilize the mileage chart which is part of this newsletter, and fill it with lots of miles for 1988. We'll have extra copies at the Dec. meeting for anyone who wants one.

Note there is still a vacancy sign under the newsletter slot above. Anyone willing to fill it, let me know.

Lastly, it is time to form a nominating committee to select candidates for 1988. Again, if interested in helping here, please call.

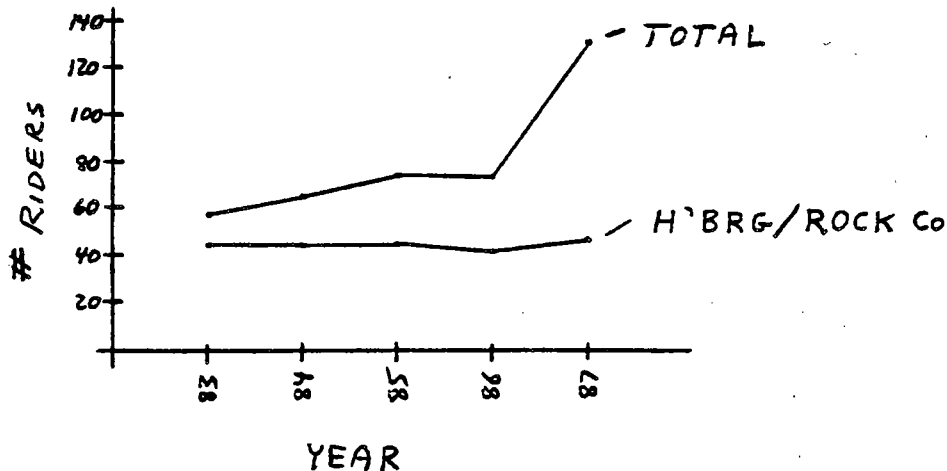
DECEMBER MEETING

On December 14 at the Valley Wellness Center we will view the video "Cycling for Success with the 7-Eleven Cycling Team". In this 50-minute presentation, members of America's #1 cycling team share their coveted secrets. Topics covered are: sprinting, cornering, drafting, climbing, bikehandling, nutrition, and bike fit. This innovative and entertaining instruction will define and sharpen the skills of beginning and experienced cyclists. Bring your notebook, as it moves fast. Thanks to Cool Breeze Cyclery for its loan. See you Monday evening, December 14, at 7:30 PM.



CENTURY

Although it is over 2 months since the SVBC 5th Annual Century was held, there are a few facts and figures extracted that I thought were worth sharing. Total number of riders participating was 131, contrary to what was reported before. This is an increase of 75% over our previous high turnout (1985). The growth has mainly come from outside the Harrisonburg/Rockingham Co. area as shown below.



A question I can't answer is why is there only a pool of 40 to 50 riders from our immediate area attracted to the century.

This year 29% of our participants were female, up from the past 22 to 24%. SVBC members made up about 21% of the cyclists which is consistent with the past. Some of food devoured included 206 ozs. of peanut butter, 102 lbs. of bananas, and 70 quarts of lemonade.

Lastly, the net proceeds for the century were \$308.57.

Thanks to all who helped out and contributed, in particular committee members Catherine and Ron Arehart, Joelle Austin, Virginia Shenk, and Donna Werner.

A ver Merry Christmas to all of you....Art



BRAINWASHED IN 88? Let's step away from the maelstrom of man flailing himself to shreds on a vertex of mechaistic hi-tech nationalism to reminisce about the better times. Times alone astride our respective machines.

If we see our bicycles as revolutionary tools, our power as personal power, and not just counting ourselves among the citizens of a powerful nation, then the weakness revealed by the failure of humans to successfully cope with their increasingly powerless feelings brought on by government run amok, contemporary life, the whimsey of stock market and/or all of the above, then we step out of that deadly train to oblivion and set our very own, self-determined pace and direction, under our own power. Personal power. Personal leg power. After the proper amount of meditation, we can maybe rationally reintegrate the modern motor culture and set the degree that we allow it to interfere with a natural, self-paced, human powered existence. Mull on this concept during the coming horried cold months....

Craig

RACING AND TOURING

SVBC Winter Training Camps and Third World Tours

Tropical correspondent, Craig Mauck, will accept cycling resumes for Jan., Feb., March winter training camps in recently refinanced Jamaica (W.I.) Personal bests and smoother spin are guaranteed for '88. Motivated riders only, please. Authentic ethnicity on all tours to magick places and onward and upward inclinations. Skinny or/and FAT.

Interested parties contact: Craig Mauck
Reading Post Office
St. James,
Jamaica W.I.

PASS THE WORD

November 28; Sat. night, my good friend of many miles was taken from in front of 15 S. Liberty Street around 10 PM. \$50 reward to pique your memory and see a metallic cinnamon Nishiki brand mountainbike with a chrome Unicrown fork. On leaving, it wore a camouflage toptube pad and handlebar pack, but dont expect to see them. Black plastic BMX seat with holes drilled all over, XL HiteRite, Cro-Mo Bullmoose bars, Sugino AT triple crank. You get the idea..... Contact Harrisonburg police.

PS: Weinmann concave rear rim, Saturne X22 front, Suntour XC post, Diacompe cantilevers, shortcage Suntour ARX rear shifter, vertical dropouts, MKS road pedals with plasticlips, Grab-On grips.

Craig

On Sunday, November 15, the sun shone deliberately on 15 of the wildest turkeys in town who took to their bikes for 26 miles of blood curdling, story swapping, spiritual sharing, tire flattening fun, pre-hunting (certain to become annual) fat event. Susan Cappelle and Jim Hatcher from Morgantown, WV, and John Baxter and Kevin Spitler from Charlottesville joined the rest of us locals on the club ride across Flag Pole Knob then down, down, down into Rawley Springs and back to shuttle vehicles at the Ottobine store. While most of us did ride fat, Mike Wenger took to the trail on his 27" cyclocross machine. Unlike us Sunday morning coffee-sipping-and-pumpkin pie-eating-jump-in-the-car-to-the-top-of-the-mountain folk, Dennis Herr spent the entire journey from and to his front door on his saddle. Other local hot shots Sue Rippy (orchestrator), Les Welch, Jody Hess, Craig Mauck, Joelle Austin, Matt Bracken, Eric Bickert, Rick Effer, and Jonathan Jackson completed the flock. And where were the rest of you? zzzzzzzzzz.....

Unless you're in Jamaica, no excuses allowed on SuperBowl Sunday. Come along for the 3rd annual and add a photo to your album! Thanks for the tons of fun, Sue!

Joelle

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Mapping the maze of twisting trails that branch out from a point behind the Ottobine Damn kept me busy this fall, providing yet another worthwhile way to combine enthusiasm with a purpose in spinnin the gears....Daily, I sketched the locations of the extensions east and west, north and south, familiarizing myself with the lowlying ridges, the switchbacks, the deadends, the short cuts, the circles..... Lots of circles. No illustrations however, Cartographic skills need work.

RIDE CALENDAR

January 1, 1988 New Years Day

IMPROMPTU RIDE - Meet at Waterman School at 1:00 PM. Who shows, goes..... Good day to start your 1988 cycling program. Don ye now thy poly-wool apparel.. Fa-la-la-la-la, La, La, La, La.



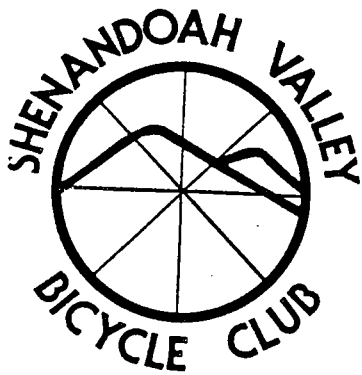
What did the rest of you do this fallRespond, please

The editor.

SVBC 1988 MILE AGE CHART

	MON	TUES	WED	THURS	FRI	SAT	SUN	WEEK	TOTAL
J					1	2	3		
U	4	5	6	7	8	9	10		
L	11	12	13	14	15	16	17		
Y	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
A	1	2	3	4	5	6	7		
U	8	9	10	11	12	13	14		
G	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
S	5	6	7	8	9	10	11		
E	12	13	14	15	16	17	18		
P	19	20	21	22	23	24	25		
T	26	27	28	29	30	1	2		
	3	4	5	6	7	8	9		
O	10	11	12	13	14	15	16		
C	17	18	19	20	21	22	23		
T	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
N	7	8	9	10	11	12	13		
O	14	15	16	17	18	19	20		
V	21	22	23	24	25	26	27		
	28	29	30	1	2	3	4		
D	5	6	7	8	9	10	11		
E	12	13	14	15	16	17	18		
C	19	20	21	22	23	24	25		
	26	27	28	29	30	31	—		

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F	1	2	3	4	5	6	7		
E	8	9	10	11	12	13	14		
B	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	1	2	3	4	5	6		
M	7	8	9	10	11	12	13		
A	14	15	16	17	18	19	20		
R	21	22	23	24	25	26	27		
C	28	29	30	31	1	2	3		
H	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
A	18	19	20	21	22	23	24		
P	25	26	27	28	29	30	1		
R	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
M	16	17	18	19	20	21	22		
A	23	24	25	26	27	28	29		
Y	30	31	1	2	3	4	5		
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U	20	21	22	23	24	25	26		
N	27	28	29	30	31	—	—		



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December Meeting:

"Cycling for Success"
A video presentation..
Monday, Dec 14, 7:30 PM
Valley Wellness Center



MARK'S BIKE SHOP contributes to the cost of the monthly newsletters..
