

# SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

FEBRUARY 1988

## 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	Donna Werner	433-8977

## PRESIDENT'S CORNER

Election '88. That's what's happening now. In the SVBC we cut out all the precursory antics; no primaries, no conventions, no debates, no scandals. Just come out and vote for the '88 SVBC OFFICERS. Actually, fill out the enclosed ballot. You should have 2 ballots if your membership is a family membership. If you didn't get the right number of ballots in your newsletter, call me.

Hope you've had time to spin your wheels (bicycle wheels) between snowflakes and rain. Stay in shape, spring is not far away.

Art

## FEBRUARY MEETING: TOURING FILM

On Monday, February 8, at 7:30 PM we will show a short video on touring. Dubbed "An Inspirational Presentation About Bicycle Touring", This may be just what you need for motivation on a cold or snowy day. This is a commercial (promotional) video from Vermont Bicycle Touring and offers views of some truly picturesque rural countryside. The business session will include discussion of AGVITHH\* and our past year's finances. See you Monday Eve, February 8, VALLEY WELLNESS CENTER.

## AGVITHH - 1988

There has been a turn of events in the plans for AGVITHH - The Annual Great Valley Interstate Tour from Harrisonburg, VA to Harrisburg, PA., this year. The Daily News Record has decided to drop its co-sponsorship due to limitations of their liability insurance. They said they would be willing to lend some assistance, but pretty much we will be on our own. There is a lot of work to do, but lots of rewards too, like potential of good profits. Regarding insurance, some possible solutions would be:

- 1) Purchase event insurance (at yet unknown \$)
- 2) Look for other co-sponsorship
- 3) Go without insurance.

We need to discuss these matters at the February meeting and brainstorm for solutions. Does anyone out there have any ideas on the insurance dilemma? Please let me know. The SVBC needs to make some basic decisions on the future of AGVITHH. We'll talk about this at the next meeting and likely vote on it. This is your club; we need your input on this matter.

# AMERICAN LUNG ASSOCIATION OF VIRGINIA

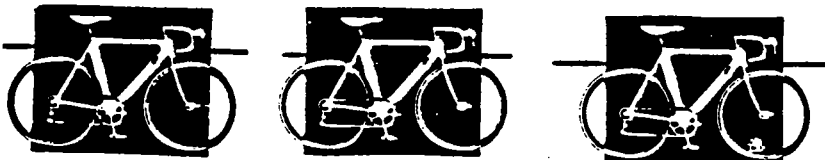
The Christmas Seal People®

## Lung Association Announces 1988 TransAmerica Trekker

SVBC member, Russell Culver, will ride in the American Lung Association's second annual TransAmerica Bicycle Trek scheduled for June 6 – July 22, 1988. Russell, a 51 year-old engineering technician at Genicom Corporation, plans to ride 3,500 miles from Seattle, Washington to Atlantic City, N.J. The trip will take about seven weeks. *"I've never been on the Boardwalk in Atlantic City,"* said Russell, *"and I enjoy bicycle touring. So I thought, why not pedal to Atlantic City? Only I'd start in Seattle, Washington, and at the same time I'd help raise money for the American Lung Association."* Russell has been bicycling for eight years, averaging 3,500 miles per year for the last five. His longest and most difficult ride to date has been a four-day, 330 mile tour of the Blue Ridge Parkway. During October of 1987, Russell participated in the Lung Association's two-day, 100 mile Statewide Bicycle Trek. In addition to being an active member of the SVBC, he is president of the Shenandoah Outdoors.

Each participant is required to raise a minimum of \$5,000.00 in order to participate in the TransAmerica Bicycle Trek, and Russell has set a goal of \$8,000.00. *"However,"* he reflects, *"if one thousand people each donated \$10.00, the American Lung Association would have \$10,000.00 to continue their outstanding work in the fight against lung disease."* The money raised will be used toward programs in the Shenandoah Region, which covers the counties of Rockingham, Augusta, Rockbridge, Bath, Highland and Alleghany, and the cities within those counties.

For more information, call the American Lung Association of Virginia at (703) 248-3300.



ARTICLES FOR THIS NEWSLETTER  
ARE WELCOMED.  
DEADLINE: Last Monday of the  
month!

This is an account of an Eastern Pa. Stage Race held last Labor Day Weekend, written by Tom Houff, a member of an area team attending that race.

This isn't happening. I've trained almost the entire summer for this day and it's raining. I can't ride as aggressively on wet pavement as I can on dry. I'm too scared. When I woke up this morning and heard the passing cars sloshing by on the Pennsylvania Turnpike, I wanted to pretend I was sick. Then who's pretending. I'm sure there's a word for my disease. Maybe, rainphobia.

My visions of Pennsylvania today are blurred with a dream type fog. Bicycle race organizers don't care about minor things like the weather. It rained intermittently for about five hours. I seemed to squish as I stepped in the grass. Despite sinking an inch every time I took a step, I managed to plod out to the truck and drive to the road race course. Maybe it'll stop.

A light drizzle did stop for about 10 minutes but it left a mist thick enough to make people look like they've been jogging. This isn't much better.

One hundred racers from places ranging from North Carolina to eastern Canada grouped at the starting line for the final 70-mile race of a five race series. I could only notice the 4 or 5 people in my peripheral sight. Like a billboard, one guy's jersey made me read, "HARWILCO". Elbow to elbow, wheel to wheel we all stood waiting for the start. Through all the murmur of words I couldn't help but focus on a conversation that began, "The nastiest crash I've ever seen was in weather like this."

The head official, who looked as if he was wearing his son's "Philadelphia Eagles" rain poncho, told us the obvious and to be careful. He climbed inside the pace and yelled, "Riders ready!"

Pop! The starters gun sounded and the pack slowly picked up speed like a locomotive leaving the station. I knew from many races before that this would be a runaway train. The pack thinned to three or four people across with everyone keeping a distance of less than three feet behind. To the novice spectator, this long, tight pack could remind him of a single cell with no certain shape expanding and contracting its way along a microscope dish. To him, everyone looks the same; same size, fitness, technique and bicycle. Actually, every bicycle was as unique as the person riding it.

The course could've been a seven-mile long rollercoaster, the way the first descent fell onto a five foot high railroad crossing ramp in the road. As on a rollercoaster, I wanted to scream. I'm thankful now for two reasons; to have survived and no one took pictures of the goofy look on my face during the descent. I pedaled through a 90 degree, right turn to another street in an effort to bridge a gap that developed. "Keep on his wheel!" is a familiar battle cry from teammates whenever you drop more than four feet behind.

Three laps and three descents later, I began to feel more confident. Each lap I gained more experience. I couldn't help notice one of the strongest riders on the east coast. None of his teammates would ride beside him in corners. His rear wheel eventually slipped as he cornered an easy sweeping right turn and he crashed.

With one lap to go, I hung with a "break-away" of 30 riders. For the first time not only during the race but probably my racing career, I felt I could take control of the runaway freight train that usually dragged me along for the ride. Only one other person of my team was in the front pack. Everyone else had flat tires. I began to look for him. No longer did racing remind me of trains and rollercoasters. Now, it's a chess game.

Only ten miles to go. I thought, "One more descent and I'm not scared anymore." As I began planning strategies, I looked down and saw my rear tire lose its pressure. I had a flat.



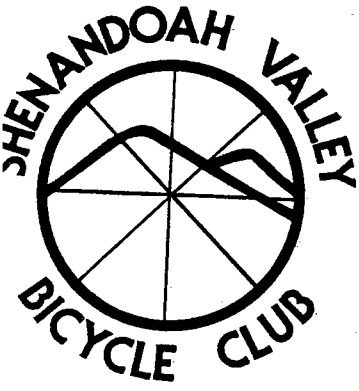
SVBC PRESENTS A CROSS COUNTRY SKI FLING!!!

PLACE: BLACKWATER NORDIC CENTER  
DAVIS, WEST VIRGINIA

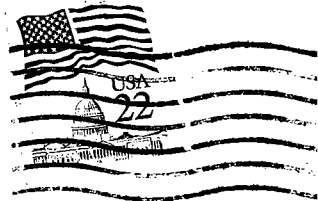
TIME: Option I Sunday, February 28. Leave Harrisonburg 7:00 AM  
Carpool to Davis, ski approximately 9:30 - dusk,  
return home.

Option II Stay for the weekend in Davis. Motels require a 2  
night minimum stay. Spaces available (as of 1/20/88)  
at the Pendeltonheim Condo (304-259-5101) and the  
Highlander Motel (304-259-5551) for a reasonable rate,  
especially w/ 4 per room. Please make your own  
reservations.

Lessons and rentals available, no charge for use of the trails. Ice  
skating rink and a sled run also available. Food available nearby but  
food can be brought pot luck style if we wish. Call Serena at Cool  
Breeze Cyclery 433-0323 for further information and to let me know if  
you're coming so we can organize a carpool etc.



**Elections**  
BALLOT ENCLOSED!



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22801

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Harrisonburg, VA 22801

SVBC MEETING:  
  
FEBRUARY 8, 1988  
Monday 7:30 PM  
Wellness Center  
Touring Film and  
Business Session

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