Beware of the summer heat! Try to ride early or late in the day and take plenty of water with you to avoid heat exhaustion.

Well, there are many things to report this month. First, there was an excellent turn out for the Russ Culver ride, with over thirty people in attendance. Russ has reached his goal of $8,000. and we wish him well on the remainder of his trek across America.

The "Alleghenies to the Alps" fundraiser was also successful, raising over $800. to help Sue Rippy's efforts to race in Austria again this year. Many supportive folks turned out to bid on a wide variety of goods, services and art works. The party following the auction was also fun, with food and liquid refreshments, galore! If you weren't there, you missed a good time. I personally would like to thank David Lovegrove (our new Vice-President), Marcia Dickenson (our new Publicity Chairman), Pat Ullick, Jack Foster and Julie Drinkard for their help in getting the word out and gathering the goods. Any of you who still have ticket money to turn in, please do so, to me or to Julie, ASAP or at the next regular club meeting. And, since we are still short of our $2,000. goal, any donations you might want to make or seek would be greatly appreciated. Just send them to SVBC c/o our regular mailing address and note "Sue Rippy" on the check.

A complete list of donors will be printed in the next newsletter.

GOOD NEWS! We are now covered with liability insurance, so you can all breathe easier. We are also offering an Associate membership to those folks who want to participate in SVBC events, but don't want to risk losing their USCF ranking or license. This membership gives you all rights and privileges except voting. Anyone interested in this status should contact Art Fovargue, our new Secretary.

I hope you will all join us for a ride beginning at 6:00 PM, followed by a regular business meeting at 7:15 PM on July 11th. Things to be discussed include charging for "touring" type rides for non-members, the Century ride in September and what to do in case you are caught riding your bike during a nuclear disaster.

I'll see you on the road.

MIKE

OPEN LETTER TO THE MEMBERS OF THE SVBC

TO: Mike Kase, President of the SVBC and Chairman of the "Allegheny to the Alps" fundraiser, committee members David Lovegrove, Marcia Dickenson, Jack Foster, Pat Ullick, Julie Drinkard, SVBC members, donators, and my friends:

The success of Saturday's fundraiser is a tribute to your enthusiastic efforts to make your vision happen.

Once again my friends and associates have come to my side to show support of my efforts to pursue competitive cycling. I want you to know that is this caring and confidence that you have shown for these efforts that, in actuality, fuels the fire that makes me go.

There have been, and there will again be, occasions when racing has carried me beyond physical limitation -- to a search for strength unattainable by muscle power alone. At this point, there are no more legs, no more lungs, the energy is gone....and still, there remains the "race". It is on these occasions the support and concern my friends have shown, affords me the ability to dig into the spiritual resources that enable me to continue. I am indeed lucky to possess this resource, which all of you help supply. To know that it is there makes the difference....you make the difference.

So, thanks.

Sue
DRI Y RIVER TIME TRIAL RESULTS (5/31 - 6/28/88)

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SVBC TOUR OF THE HISTORIC TRIANGLE
SAT.-SUN.-MON.-WED.-OCTOBER 8 - 9 - 10
COLUMBUS DAY WEEKEND

Imagine crossing the James River on a ferry for 15¢ and then
biking to the Surry House for breakfast. Other rides will
include Old Jamestowne and James Island, Historic
Williamsburg, York Town and the Battlefied. The country
is beautiful and the Colonial Parkway is a very popular road
to bike. All riders will be fed and an area bike map will be
given to each rider.

We will camp at Jamestown Beach Campsite Resort.
Saturday dinner will be pot luck. Other meals will be as
participants decide.

Arrive at the campsite and depart for home as your schedule
allows. Some riders will arrive early Saturday morning and
leave for home Monday afternoon.

Each rider will pay their own expenses. An attempt to arrange
transportation pooling to and from the campsite will be made.

Send the below to Norm Guillikson - 79 Weaver Avenue -
Harrisonburg, Va. 22801. The deadline is Saturday, September
3rd, to assure a campsite reservation. For additional informa-
tion: 434-2692.

| One Name | No. In Party | No. of Rides Your Party Will Pitch | Your Tel.
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Anticipated Arrival Time 

Day Time Tel.

NOTE: You will be contacted for transportation pooling and
a recommendation for your contribution to the
Saturday pot-luck dinner.

PIZZA, PRIZES, FUNI

AMERICAN LUNG ASSOCIATION OF VIRGINIA

SHENANDOAH BIKE TOURS

Sponsored by PIZZA Hut

JULY 10: HARRISBURG, 8th street Pizza Hut - Pre-register at
Cable Brooks Cyclery, 46 S. Liberty St., Harrisonburg
JULY 17: GREENSBORO, Broad Street Pizza Hut - Pre-register at
Bicycle World, 2021 W. Main St., Virginia
    cycleworld.com
JULY 24: ST. FRANCIS, Center Street Pizza Hut - Pre-register at
St. Francis, 24 Jefferson St., Staunton

NO REGISTRATION FREE PIZZA!

FREE T-SHIRT to first 75 registered riders

TAKING OFF TIMES:

1:00 - 30-mile route
1:30 - 50-mile route
12:00 - 100-mile route

TREK THROUGH COLONIAL VIRGINIA WITH THE AMERICAN LUNG ASSOCIATION OF VIRGINIA

For details, call your local Lung Association or call toll-free:

1-(800)-345-LUNG

Call (703) 434-LUNG for more details
Plans are well underway for the SVBC's 6th Annual Shenandoah Valley Century. We've moved the date up to September 11 this year to avoid conflicts and so as to gain a little more light. Also moved up this year is the price; to cover our increasing costs and to be able to offer more in the way of food. Another possibility being discussed is to offer optional T-shirts. As usual, the ride will start at Woodrow Wilson Jr Park with the checkpoint in Bridgewater. Routes of 25, 50 and 100 miles will be laid out. We can even provide a 100 km or 75 mile route.

Help is needed the day of the ride for registration, sag service, checkpoint and gopher duty. If you can volunteer for a full or even half day, please call me. So no one has to miss to miss the ride, we'll have the Worker's Century the week before - on Labor Day Weekend. If you can help with planning, publicity, or other pre-ride work, our next planning meeting is Thursday, July 14, 7:30 PM at my house. Call if you'd like to do something but can't make the meeting.

We still have some Century Training Guides left from 1986 - they'll be available at the regular July membership meeting.

Mark your calendar's for the 11th of September - to either help out or ride. Let's shoot for 100% participation in one form or another. And remember we need baked goods donations for the century too. (It's what keeps the riders going and going), so be thinking of your favorite recipe.

Art Fovargue 433-9247

MCCORMICK'S MILL RIDE

On June 12, ten club members started at Staunton's Gypsy Hill Park for the ride to Cyrus McCormick's Mill near Steele's Tavern, Virginia. Norm, Pat, Marsha, David L., David G., Mike, Julie, Harriet and John rode while Stacey Baker from Staunton Bicycle provided sag service. About halfway there a stray kitten was asked to join the group, and did.

The weather was perfect, Augusta County looked its best, and the hills were all manageable. McCormick's Mill was pretty well deserted. The restored buildings, which are a museum, and the surrounding farm are operated by Virginia Tech. There is a large grassy area and picnic tables, and it is all worth seeing. Most people, like Mike's "lost patrol", seem to go right past the BIG sign without stopping. Perhaps they are looking for Steele's Tavern. In this case, the failure of some to stop put seven people in the position of having to eat the donuts meant for ten.

John Zban, who had found and taken home a stray kitten while riding just a few weeks before, promised to find a good home for this one. Is someone putting these strays in John's path? One can envision the SPCA truck riding just ahead of the SVBC rides, gently placing orphaned kittens where riders will find them. I say, more power to them - but let me quickly add, we already have two.
Tuesday, July 5
Time Trials. 6:15 PM. Meet at the intersection of Route 577 and 738 West of Dayton. Approx. 10 miles. Rider sends off at 30 sec. intervals.

Saturday, July 9
"Skyland Drive Ride" 46 mile ride from Swift Run Gap to highest point on drive. Meet 6:30 AM at Hwy 33 junction with Skyline Drive (Entrance Station). B-C pace. Lunch at Skyland Lodge. Info: Pat Ulick 433-0756.

Sunday, July 10
Shenandoah Bicycle Tours, American Lung Association of VA sponsored by PIZZA HUT. NO FEE! FREE PIZZA! Helmet required. All ages invited. 12 and under must be accompanied by an adult on the route -- 10 yr. & under must have parental signatures on Pre-register at Cool Breeze Cyclery. All registered riders become eligible for the drawing to be held July 20. Take off times: 1:00 30 mile route / 1:30 50 mile route.
Call (703) 436-LUNG for more details. HARRISBROOK PIZZA HUT.

Monday, July 11
SVBC MEETING. Ride begins at 6:00 pm, following the regular business meeting at 7:15 pm. Millendale Park Shelter # 1.

Monday, July 11
"Ladies Only Ride" Meet at Cool Breeze, 20 plus miles of fast pace. Every Monday, 6:00 PM.

Tuesday, July 12
Time Trials. See above information.

Wednesday, July 13
Impromptu, meet at China Inn, 60 Carlton, 6:00 PM.

Saturday, July 16
"Jerome Jaunt" 50 miles of beautiful countryside. Meet at Plains Elementary School in Timberville at 9:00 AM. Pizza afterwards. This ride has a 30 mile option. Info: Ron Rine, 896-8913.

Sunday, July 17
Shenandoah Bicycle Tours, American Lung Ass. of VA. Sponsored by PIZZA HUT. NO FEE! FREE PIZZA! Helmet required. Pre-register Bicycle World, 2900 W. Main St. or Cycle-Recycle 1007 E. Broad St. Waynesboro. Meet at BROAD STREET PIZZA HUT, WAYNESBORO. 1:00 30 mile route / 1:30 10 mile route All ages invited. See July 10 for more information.
Call (703) 436-LUNG for more information.

Monday, July 18
"Ladies Only Ride" See July 11 for more information.

Tuesday, July 20
"E-Bike Trials." See July 4 for more information.

Saturday, July 23
Visit Hammel's Craft Center at Frederick Farm. 30 miles. C-place. View weaving, woodworking, iron works. 2 stores allowing you to stock up on goodies. Info: Norm Galiksen 436-2562.

Monday, July 26
Shenandoah Bicycle Tours, American Lung Ass. of VA. Sponsored by PIZZA HUT. NO FEE! FREE PIZZA! Helmet required. SHENANDOAH VALLEY BICYCLE RIDE PIZZA HUT. Pre-register at Staunton Bicycle, 14 E. Beverley Street, Staunton. Take off times: 1:00 30 mile route / 1:30 10 mile route. All ages welcomed. See July 10 and 17 for more information.
Call (703) 436-LUNG for more information.

Monday, July 27
"Ladies Only Ride" See July 11 for more information.

Monday, July 25
EXECUTIVE COMMITTEE MEETING 7:00 LUGI &иль St. H'burg. Time Trials. See July 4 for more information.

Tuesday, July 26
"Reddish Knob Hillclimb" 50 miles at B pace. Meet 8:00 AM at Keister Elementary. Bring lots of water. Lunch at Plyer Brunch or bring your own lunch. This is a challenge ride but very rewarding when you get to the top. Info: Art Povarag 433-9797

Monday, August 1
"Ladies Only Ride" See July 11 for more information.

Tuesday, August 2
Time Trial. See July 5 for more information.

Wednesday, Aug. 3
"Puckesberry Ride" meet at Allen and Sue Clague's, 1251 Lincolnshire Drive at 6:00 PM. Distance: __________ followed by treats. Call 433-3091 for reservations.

Monday, August 8
SVBC MEETING.

Monday, August 8
"Ladies Only Ride" See July 11 for more information.

Tuesday, August 9
Time Trial. See July 5 for more information.

Wednesday, Aug. 10
Wednesday Evening Impromptu meet 5:30 PM at Mr. Gatti's buffet afterwards.

Sunday, August 14
Shenandoah Winery Tour led by your favorite wine maker, Jack Foster, 50 miles with lots of cycling. B-C pace. Brunch at Old Mill Restaurant in Edinburg prior to wine tour and touring. Meet at Jamestown Shopping Center at 8:00 AM in Timberville on Hwy 42. Info. Jack at 580-0907.

Monday, August 15
Time Trial. See July 5 for more information.

Monday, August 22
"Ladies Only Ride" See July 11 for more information.

Tuesday, August 23
Time Trial. See July 5 for more information.

Sunday, August 28
Brunch at Bryce - a second sequel; 50 miles with hill climbing. C pace. Meet at Jamestown Shopping Center in Timberville on Hwy 42.

Monday, August 29
"Ladies Only Ride" See July 11 for more information.

Tuesday, August 30
Time Trial. See July 5 for more information.

Labor Day Weekend
Worker's Century - day and time to be chosen by workers on July 15. Marking century routes of 25, 50 or 100 miles. Hilly, open, mixed, rolling, etc. $5 preregistration; $4 registration; 15 family rate. More information next month. Call Art 433-9797 to help.

SEPTEMBER

SEPT - OCT

OCTOBER 8-10

"HIGHLAND RETREAT" overnight. Date to be announced later.

"Historic Triangle" overnight. See application form in this newsletter for more information.

SVBC STRONGLY RECOMMENDS THE USE OF HELMETS ON ALL RIDES!
### BIKE MONTH

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**July 31 - Tour to Reddish Knob 9 AM Heister Blum.**

**SVBC STRONGLY RECOMMENDS THE USE OF HELMETS ON ALL RIDES!**

### TECHNIO TRIVIA

**RACING BUFFS - IS IT TRUE?** Heard from a friend, who heard from a friend, that time trial bikes with a front wheel smaller than the rear are now outlawed since the rider always cycling downhill it is an unfair advantage.

The pedal powered plane, DAEDALUS 89, made it to within 10 meters (30 feet) of dry land after flying 118 km (74 miles) across the Aegean Sea. In trying to repeat the mythical flight from Crete to Sicily of 3500 years ago, Greek cyclist Kanellos Kanellopoulos kept the craft aloft for 3 hours 54 minutes at an average speed of 8.27 m/s (18.5 mph). However a broken tail boom caused the premature landing. Nevertheless, 3 new world records were set for Human-powered flight by the 32 kg (70 lb) plane constructed of carbon fibers and high impact plastics.

Kirk Precision, LTD of Essex, England has used stress analysis software to design a magnesium alloy frame. The frame can be cast in one piece cutting 20% off the cost of traditional frames. The redesigned main triangle features a down tube that runs toward the rear axle, the crank, resulting in a frame 1.5 times stiffer in torsion than a manganese-colydenuum alloy steel frame they claim.

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**SHENANDOAH VALLEY BICYCLE CLUB**

P. O. Box 1014
Harrisonburg, VA 22801

**JULY MEETING:**
MONDAY, the 11th
6:00 PM RIDE
7:15 PM MEETING
WILLANDALE PARK
SHELTER # 1

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

**COOL BREEZE CYCLERY**