

SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

JULY 1988



OFFICERS:	Mike Kase	President	879-2649
	David Lovegrove	Vice President	434-8051
	Art Fovargue	Secretary	433-9247
	Julie Drinkard	Treasurer	879-2649
	Pat Ulik	Touring	433-0756
	Marcia Dickenson	Publicity	833-2208
	Donna Werner	Newsletter	433-8977

PRESIDENT'S CORNER



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 Ulik, 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 Ulick, Julie Drinkard, SVBC members, donators, and my friends:

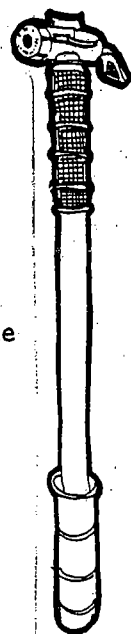
The success of Saturday's fundraiser is a tribute to your enthusiastic efforts to make your vision happen.

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



DRY RIVER TIME TRIAL RESULTS (5/31 - 6/28/88)

NAME	5/31	6/7	6/14	6/21	6/28
Joe Allen			23:24	24:34	
Sue Arnold	28:38	28:49			
John Baxter	27:58	27:40	26:32	25:56	
Serena Benson	28:58	28:23	26:57	27:12	
David Bloor (?)					26:21
Dave Carey	28:08				27:20
Al Clague		25:42	24:10	24:21	24:06
Sue Clague					30:14
Brad Clark	24:50				
Mike Cullerton	33:06				
Dwight Denlinger					25:29
Michael Derrer					27:50
Marcia Dickenson					31:04
Mike Downey	24:48	24:34		25:39	
Julie Drinkard		31:53	30:03		30:36
Bernie Edwards				30:04	
Rick Effer		23:06		22:22	
Jack Foster		29:23 MB	25:04		
David Frye			27:42	28:03	27:35
Jon Gehman	27:59				
Ron Goldberg				27:51	
Bruce Guild (?)	36:39				
John Haire			24:41		
Tom Harbeck				24:35	24:16
Dennis Herr					23:52
Johlene Hess		27:57	26:24		
Andy Hoofnagle			25:29		
Tom Houff				23:52	
Mike Kase	27:56	27:37	25:12	26:43	26:33
Larry Kelley			25:18	25:15	
Dennis Kenney			26:12		26:01
Larry Knuckles	29:08				
Judy Lassiter	34:00 (?)				
David Lovegrove	28:06	27:52	26:00	26:34	26:34
Bill McCarrick	22:18	22:21	21:36	21:29	21:56
David Miller		34:30			
Bob Ring	28:05				
Sue Rippy		26:23			
John Scott					27:12
Winston Shifflett			26:31	27:04	26:32
Steve Slauchbaugh	26:43	27:22	24:49		25:22
Steve Szibler				25:42	
Will Toft	27:29	25:37			
Bill Tomlich				27:27	
Pat Ulik	31:51			31:12	30:23
Vince Vizachero	29:34		27:38	28:31	27:59
Les Welch		27:21	out		(?)
Mike Wenger	25:09				
Tim Wolters	27:22			27:27	25:49
Bill Wright			25:36		25:57



SVBC TOUR OF THE HISTORIC TRIANGLE

SAT. - SUN. - MON. - 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 Jamestown and Jamestown Island, Historic Williamsburg, York Town and the Battlefield. The country is beautiful and the Colonial Parkway is a very popular road to bike. All rides will be led 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 Gulliksen - 79 Weaver Avenue - Harrisonburg, Va. 22801. The dead line is Saturday, September 3rd, to assure a campsite reservation. For additional information: 434-2692.

One Name	No. In Your Party	No. of Tents Your Party Will Pitch	Your Tel. No.
Anticipated Arrival Time	Day	Time	

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

Bill McCarrick blew everybody's socks off at the District Time Trial Championship June 12. His unbelievable time of 51:54 raised a lot of eyebrows among the district's best. The gold medal winner is becoming a regular household word in racing circles throughout the area. Bill and Tom Houff had a strong ride in the Road Race Championships the week before, but this time Bill was pushed into the ditch for the sprint and sprinting from the grassy shoulder doesn't get it after 100 miles. Sue had a good ride with the seniors in the Road Race, finishing 8th in the field sprint after 60 miles and collected the silver medal for the Time Trial the week after.

PIZZA, PRIZES, FUN!

SHENANDOAH BICYCLE TOURS

AMERICAN LUNG ASSOCIATION OF VIRGINIA
Shenandoah Region



Sponsored by Pizza Hut

July 10 - Harrisonburg, 3. Main Street Pizza Hut - Pre-register at Cool Breeze Cyclery, 40 S. Liberty St., Harrisonburg

July 17 - Waynesboro, Broad Street Pizza Hut - Pre-register at Bicycle World, 2900 W. Main St. or Cycle-Recycle, 1219 W. Broad St., Waynesboro

July 24 - Staunton, Coaster Street Pizza Hut - Pre-register at Staunton Bicycle, 34 E. Beverley St., Staunton

NO FEES FREE PIZZA!

FREE T-SHIRT to first 75 registered riders

Take off times: 1:00 - 30-mile route
1:30 - 10-mile route

HELMETS REQUIRED - 25% off helmets at the bicycle shops listed above
ALL AGES INVITED - 12 years & under MUST be accompanied by an adult on the route - 18 years & under MUST have parental consent

ALL REGISTERED RIDERS become eligible for the drawing to be held July 24! GRAND PRIZE: Mountain Bicycle donated by Cool Breeze Cyclery. Other prizes include: Car Bicycle Carrier donated by Cycle-Recycle - Bicycle Shorts donated by Staunton Bicycle



Don't miss a fun weekend of cycling...
COLONIAL VIRGINIA BIKE TREK, Williamsburg
September 16-18

Call (703) 434-LUNG for more details

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

Sept. 16-18

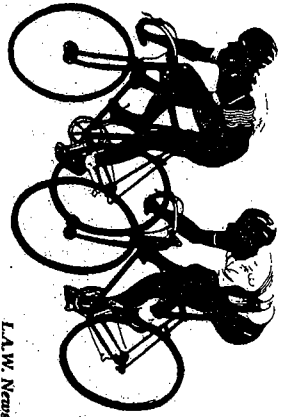
The ALAV Bike Trek



ASSOCIATION OF THE UNITED STATES ARMY

A. P. HILL-RAPPAHANNOCK CHAPTER
 BOX 5812 FORT A. P. HILL
 BOWLING GREEN, VA 22427

Bicycle Tour planned for October 1 and 2 at Fort A. P. Hill. Rides to include quarter century, half century, metric century and century rides on Saturday and Sunday and a special bonus for history buffs to include a 20 mile ride to include a visit to "Stonewall" Jackson Shrine near Guinea, VA. The rides will be on rolling hills of eastern Virginia and traffic will be very light since all roads are on the A. P. Hill reservation. Rides begin about 8:00 AM on Saturday with a pasta dinner at 7 PM. Sunday - Protestant Church Services at 6:45 AM, Hearty Breakfast at 7:15 AM and Rides commencing at 7:30 AM. Sag provided both days. KOA Campground on Rt. 301 & motels nearby. Call Mike Kase if interested or write Jim Day at the above address. (There maybe mountain bike rides as well.)



L.A.W. News

1988-1989 SVBC MEMBERSHIP

- | | | | | | |
|---|--|--|--|---|--|
| Ron & Catherine Arehart
102 Round Hill Drive
Bridgewater VA 22812
828-3688 | Susan & Kevin Arnold
Rt. 2, Box 746
McGaheysville VA 22840
289-9125 | Stacey Baker
Rt. 1 Box 94
Staunton VA 24401
886-0161 | Ron Goldberg
1346 A Hunters Rd.
Harrisonburg VA 22801
433-4835 | Robert E. Gough
Rt. 1, Box 551
Greenville VA 24440
337-2686 | Norm Gulliksen
79 Weaver Avenue
Harrisonburg VA 22801
434-2692 |
| John Baxler
525-B Hawkins St.
Harrisonburg VA 22801
433-5865 | Lori Bergum
634 Collicello St.
Harrisonburg VA 22801
434-3525 | L.B. & Iddy Branner
Box 185
Broadway VA 22815
896-2386 | Janet Hadley
519 Elm St.
Broadway VA 22815
896-1386 | Joseph W. Hagenlocker
532 Flint Mtn. Dr.
Stuarts Draft VA 24477
337-2298 | John Haire
1403 N. Augusta St. Apt. 3
Staunton VA 24401
885-6361 |
| Bob & Jean Brunk
Roule 5, Box 64
Harrisonburg VA 22801
433-9256 | Dave & Nancy Cary
752 Hillcrest Drive
Staunton VA 24401
886-7900 | Bob & Carole Chell
3535 Port Rd.
Harrisonburg VA 22801
433-7499 | Tom E. Harbeck
41 B. Pleasant Hill Rd.
Harrisonburg VA 22801
433-8091 | David Harbin
Box 1796 J. M. U.
Harrisonburg VA 22807
568-5903 | Dennis Herr
111 N. Willow St.
Harrisonburg VA 22801
434-5691 |
| Allen & Sue Clague
1261 Lincolnshire Drive
Harrisonburg VA 22801
433-3241 | Kimberly Clark
Box 5 - 149
M B Col. Staunton VA 24401
887-8813 | Scott Coon
1029 Chicago Ave Apt 1B
Harrisonburg VA 22801
434-4802 | Issac & Wilma Hertzler
330 Hillview Dr.
Dayton VA 22821
879-9535 | David Hill
1220 Reservoir St.
Harrisonburg VA 22801
433-2862 | Debbie Hopper
1217 Mtn. View Dr.
Harrisonburg VA 22801
433-2694 |
| Russell Culver
307 Alphin Avenue
Waynesboro VA 22980
942-2645 | Thomas & Marilyn Davis
1275 D. Harmony Dr.
Harrisonburg VA 22801
433-4985 | Jon & Pat Delleit
24 College Wood Drive
Bridgewater VA 22812
828-6387 | Tom Houff
300 Alpine Rd.
Staunton VA 24401
886-4083 | Steve Hull
Star Rt. Box 93
Churchville VA 24421
337-7343 | Jon Jackson
85 East Grattan Street
Harrisonburg VA 22801
433-5595 |
| Marcia L. Dickenson
Rt. 10, Box 217
Harrisonburg VA 22801
833-2208 | Mike Downey
1348 N. Hampton Ct.
Harrisonburg VA 22801
434-8434 | Julie Drinkard
P.O. Box 694
Dayton VA 22821
879-2649 | Mike Kase
P.O. Box 694
Dayton VA 22821
879-2649 | Anthony Keim
Rt. 2 Box 624
Grottoes VA 24441
249-4666 | Partly Kelly
Rt. 1, Box 718
McGaheysville VA 22840
289-6332 |
| Bernard Edwards
Box 22
Weyers Cave VA 24486
234-8052 | Jack Foster
423 Grove St.
Bridgewater VA 22812
828-4047 | Art & Kathy Fovargue
210 Monument Avenue
Harrisonburg VA 22801
433-9247 | Larry Kelly
Rt. 2, Box 1037
McGaheysville VA 22840
289-6346 | Dennis Kenney
201 Hickory Lane
Bridgewater VA 22812
828-4767 | Don Kohlenstein
1400 East Market St.
Harrisonburg VA 22801
433-2521 |
| David Frye
Route 2, Box 284
Mt. Crawford VA 22841
433-1800 | Ed Funkhouser
4101 Kaplan Dr.
Raleigh NC 27606 | Rose Garrison
470 Andergren Drive
Harrisonburg VA 22801
434-4385 | Dave & Mary Lu Lewis
Route 4, Box 440
Harrisonburg VA 22801
867-5363 | David Lovegrove
207 South High St.
Harrisonburg VA 22801
434-8051 | Nancy Mars
400 Franklin St.
Harrisonburg VA 22801
433-9356 |
| | | | Tom & Michael Mayer
Rt. 1, Box 798
McGaheysville VA 22840
289-9496 | Roxanne Mendelson
1074 Meadowlark
Harrisonburg VA 22801
433-3874 | Johnnie and Brian Miller
Rt. 1 Box 296
Staunton Va. 24401
886-9382 |
| | | | Paul Miller
355 E. Wolfe St.
Harrisonburg VA 22801
434-2938 | Gene & Jan Norwinski
Route 2, 274
Elkton VA 22827
298-9743 | Allen Ours
Route 4, Box 24
Harrisonburg VA 22801
867-9610 |
| | | | Steve Parsons
Route 4, Box 23
Harrisonburg VA 22801
867-9409 | John & Debbie Phillips
533 River Falls Drive
River Falls WI 54022 | John D. Powers
Box 3657 J. M. U.
Harrisonburg VA 22807
433-2680 |

6TH ANNUAL SHENANDOAH VALLEY CENTURY

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 Westover 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 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

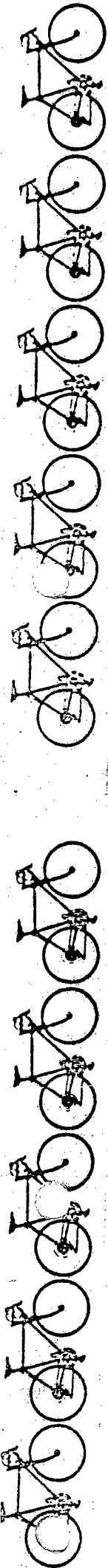
On June 12, ten club members started at Staunton's Gypsy Hill Park for the ride to Cyrus McCormick's Mill near Steele's Tavern, Virginia. Norm, Pat, Marsha, David L., David C., Mike, Julie, Mark, and John rode, while Stacey Baker from Staunton Bicycle provided sag service. About halfway there a stray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

- | | | | | | | | | | |
|---|---|--|---|---|---|---|---|--|--|
| Robert Ring
852 Grant St.
Harrisonburg VA 22801
433-2666 | Ray & Nancy Ritchie
252 High Street
Timberville VA 22853
896-2913 | David and Susan Shipp
706 Maple Ave
Waynesboro VA 22980
942-3497 | Nancy & Nick Sneed
P. O. Box 85
Mt. Sidney VA 24467
248-6019 | Kirk Summers
Highland Hills, Apt. 5B
Stuarts Draft VA 24477
337-1017 | Patricia Ulrik
964 Rosedale Dr.
Harrisonburg VA 22801
433-0756 | Adam Wead
1048 S. Dogwood Dr.
Harrisonburg VA 22801
433-5041 | Timothy Wolters
221 Kalorama St. Apt. D
Staunton VA 24401
885-6731 | Cool Breeze Cyclery SH/SB
40 South Liberty
Harrisonburg VA 22801
433-0323 | |
| Arthur Ratcliffe
4102-1 Town House Rd
Richmond VA 23228
804-264-1377 | Don & Debbie Ritchie
Route 3, Box 648
Elkon VA 22827
298-1129 | Winston Shifflett
1521 Park Road
Harrisonburg VA 22801
433-1810 | Jeff Smith
204 Holly Hill Dr.
Bridgewater VA 22812
828-2643 | Paul Steagall
620 Boone Circle
Florence SC 29501
803-665-8549 | Norvell Trumbo
P.O. Box 38
Broadway VA 22815
896-2022 | Pat Wade
P.O. Box 217
Mt. Crawford VA 22841
434-2335 | Bruce & Donna Werner
1450 Crawford Avenue
Harrisonburg VA 22801
433-8977 | John Zban
Route 2, Box 132-C
Staunton VA 24401
885-5620 | L. Nuckols Staunton Bicycle
34 East Beverley St.
Staunton VA 24401
886-6915 |
| Eleanor Price
1310 Crawford Avenue
Harrisonburg VA 22801
433-0539 | Sue Rippy
1211 Garber's Church Road
Harrisonburg VA 22801
433-3017 | Virginia Shenk
1015 South College Ave.
Harrisonburg VA 22801
433-9749 | Steve Slaubaugh
167 W. Rock
Harrisonburg VA 22801
433-8683 | David L. Sprinkel
Rt. 4, Box 117
Harrisonburg VA 22801
434-1594 | Bill Tomich
1384 C Hunters Rd.
Harrisonburg VA 22801
433-6770 | Vincent Vizachero
Rt. 1, Box 543
Churchville VA 24421
337-7311 | Mike Wenger
Route 2, Box 117-A
Bridgewater VA 22812
828-2523 | Rodney Yankey
Box 325
Timberville VA 22853
896-2648 | Mark's Bike Shop M Nissley
1570 South Main
Harrisonburg VA 22801
434-5151 |

SVBC RIDE SCHEDULE and EVENTS



- Tuesday, July 5 Time Trials. 6:15 PM Meet at the intersection of Route 257 and 738 West of Dayton. Approx. 10 miles. Rider sendoffs at 30 sec. intervals.
- Saturday, July 9 "Skyland Drive Ride" 46 mile ride from Swift Run Gap to highest point on drive. Meet 8:30 AM at Hwy 33 junction with Skyline Drive (Entrance Station). B-C Pace. Lunch at Skyland Lodge. Info: Pat Ulik 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 -- 18 yr. & under must have parental signature. Pre-register at Cool Breeze Cyclery. All registered riders become eligible for the drawing to be held July 24. Take off times: 1:00 30 mile route / 1:30 10 mile route. Call (703) 434-LUNG for more details. HARRISONBURG PIZZA HUT, S. Main St.
- Monday, July 11 SVBC MEETING. Ride begins at 6:00 pm, followed by a regular business meeting at 7:15 pm Hillandale 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, 68 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. Ray Ritchie, 896-2913.
- Sunday, July 17 Shenandoah Bicycle Tours, American Lung Asso. of VA. Sponsored by PIZZA HUT: NO FEE! FREE PIZZA! Helmet required. Pre-register Bicycle World, 2900 W. Main St. or Cycle-Recycle 1219 W. 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) 434-LUNG for more details.
- Monday, July 18 "Ladies Only Ride" See July 11 for more information.
- Tuesday, July 19 TIME TRIALS. See July 5 for more information.
- Wednesday, July 20 Touring Committee Meeting - Norm Gulliksen's, 79 Weaver Ave. 7:00 PM
- Saturday, July 23 Visit Hammels' Craft Center at Frederick Farm. 30 miles. C-pace. View weaving, woodworking, iron works. 2 stores along way to stock up on goodies. Info: Norm Gulliksen 434-2692.
- Sunday, July 24 Shenandoah Bicycle Tours, American Lung Asso. of VA. Sponsored by PIZZA HUT. NO FEE! FREE PIZZA! Helmet required. STAUNTON, COALTER STREET PIZZA HUT. Pre-register at Staunton Bicycle, 34 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. (703) 434-LUNG.
- Monday, July 25 "Ladies Only Ride" See July 11 for more information
- Monday, July 25 EXECUTIVE COMMITTEE MEETING 7:00 LUIGI S High St. H'burg.
- Tuesday, July 26 Time Trials. See July 5 for more information.
- Sunday, July 31 "Reddish Knob Hillclimb" 50 miles at B pace. Meet 8:00 AM at Keister Elementary. Bring lots of water. Snack at Briery Branch or bring lunch. This is a challenge ride but very rewarding when you get to the top. Info: Art Fovargue 433-9747
- 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 "Fudgeberry Ride" meet at Allen and Sue Clagues, 1261 Lincolnshire Drive at 6:00 PM Distance: ___ followed by treats. Call 433-3241 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 climbing. B-C pace. Brunch at Old Mill Restaurnat in Edinburg prior to wine tour and touring. Meet at Jamesway Shopping Center at 8:00 AM in Timberville, on Hwy. 42. Info. Jack at 828-4047.
- Monday, August 15 "Ladies Only Ride" See July 11 for more information.
- Tuesday, August 16 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 Jamesway 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 14. Marking century routes of 25, 50 or 100 miles. Info: Art Fovargue 433-9747
- Sunday, Sept. 11 "Sixth Annual Valley Century" Ride at your own pace. 25, 50, or 100 miles. Maps, sag, marked route, food, baked goods, etc. \$5 preregistration; \$7 registration; \$15 family rate More information next month. Call Art 433-9747 to help.
- SEPTEMBER "Lake Moomaw" overnight. Date to be announced later.
- SEPT - OCT "HIGHLAND RETREAT" overnight. Date to be announced later.
- OCTOBER 8-10 "Historic Triangle" overnight. See application form in this newsletter for more information.

SVBC STRONGLY RECOMMENDS THE USE OF HELMETS ON ALL RIDES!

BIKE MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Pizza Party w/ Potomac Pedalers at Howard Johnson's	2 Potomac Pedalers Impromptu Rides
3 Potomac Pedalers Impromptu Rides	4 Potomac Pedalers Impromptu Rides	5 Time Trials 6:15 pm	6	7	8	9 Skyline Dr. Ride 8:30am
10 Pizza Hut Ride 1:00pm Harrisonburg PIZZA HUT	11 Ladies Only Ride 6 PM MEETING!!! 6 ride/7:15	12 Time Trials 6:15 pm	13 Impromptu Ride 6:00pm China Inn	14	15	16 Jerome Jaunt 9 AM Plains Elem.
17 Pizza Hut Ride 1 PM Waynesboro PIZZA HUT	18 Ladies Only Ride 6 PM	19 Time Trials 6:15PM	20 Touring Comm. meeting 7PM Norm's 79 Weaver AVE	21	22	23 Hammel's Craft Center Ride
24 Pizza Hut Ride 1 PM Staunton /31	25 Ladies Only Ride 6 PM	26 Time Trials 6:15 pm	27	28	29	30

** July 31 - Tour to Reddish Knob 8 AM Keister Elem.

SVBC STRONGLY RECOMMENDS THE USE OF HELMETS ON ALL RIDES:

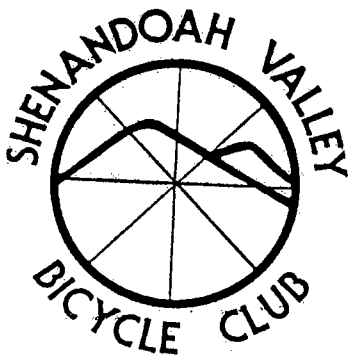


TECHNO TRIVIA

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 with the rider always cycling downhill it is an unfair advantage.

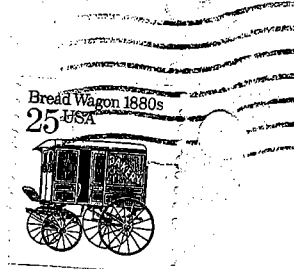
The pedal powered plane, DAEDALUS 88, made it to within 10 meters (30 feet) of dry land after flying 118 km (74 miles) across the Aegean Sea. In trying to repeat the mythical flight from Crete to Sicily of 3500 years ago, Greek cyclist Kanellos Kanellopoulos kept the craft aloft for 3 hours 54 minutes 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 versus the crank, resulting in a frame 1.5 times stiffer in torsion than a manganese-molybdenum alloy steel frame they claim.



P. O. Box 1014
Harrisonburg, VA
22801

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



MARK'S BIKE SHOP
COOL BREEZE CYCLERY contribute to the cost of the monthly newsletters..

Good Luck Sue!