Is it August already? Where has the summer gone? We’ve had so many great events, rides, and general summer frivolity that it seems a shame to let it all go. Fear not, however, for fall will just be as exciting.

First of all let’s not forget our upcoming Fall Century. For me the century sort of ties up my summer riding for it at least touches all my favorite routes. Last year we had great attendance and a great time. Art can still use some help both the weekend before the event and also the day of September 11. Please plan on being a part of the fun.

Also, check out Norman’s touring weekend in the Historic Triangle. It promises to be an interesting time and a great fall get away.

August 13th should be a demanding day with a 25 mile road race headed up by Jack Foster. See him for details. Categories will be Men’s, Women’s, and Novice. Prizes will be awarded. Bring your helmet.

I need some help folks. Suggestions for presentations at our regular monthly meetings are sorely needed. If you have a presentation you’d like to give in the future or have an idea for one please get together with me so we can discuss it. We’ll do lunch.

Well while summer is nearly gone we still have a bright fall schedule to look forward to. But what about winter?

I’ll see you out on the road.

Following is a list of the donors who contributed to the Sue Rippy benefit auction held on 25 June. Letters of thanks were sent to each of them. We also want to thank those who attended the auction and helped us raise over $1,000. for Sue’s trip to the world cup bicycle races in Austria, this August.

Walt Bradshaw
Al Clague
Cool Breeze Cyclery
Coreast Savings Bank
Mike Cullerton
Dr. David Diller
Dominion Bank
Donovan’s Framery
Downtown Books
Julie Drinker
1st American Bank
1st Virginia Bank, Planters
Robert Flory
Jack Foster
Kathy Fovargue
David Frye

Gitchell’s Photography
Brian Goings
Johlene Hess
The Joshua Wilton House
Mike K. Kase
King Photo Supply
Legends Sporting Goods
The Little Grill
Luigi’s Pizza & Sub Shop
Mark’s Bike Shop
Hasanuten Bank & Trust
McCoy’s Waterbeds
The Miller’s Daughter
Nautilus Fitness Center
Other Voices Book Store
The Outdoor Place
J. C. Penney

Eleanor Price
Roth Theatres
The Sheraton-H’burg Inn
The Shirt Shack Trophy Shop
Winston Shifflett
Sovern Bank
Staunton Bicycle
T.C.B.Y Yogurt
Town & Campus Records
Nick Townsend
The Tuxedo Shop
Valley Wellness Center
Georgina Valverde
Travis Watson
Leslie Welch
Bruce & Donna Werner
John Zban
Pizza, Prizes, Bicycling Fun Highlight Shenandoah Bicycle Tours

They rolled in from Waynesboro, Staunton, Clifton Forge, Harrisonburg and Buena Vista, and numerous other cities in the Shenandoah Valley. Several traveled from Roanoke, and a few others even used their vacation time to ride during a visit from Indiana. The month of July marked the now famous Shenandoah Bicycle Tours, sponsored by the American Lung Association of Virginia and Pizza Hut. A total of 210 enthusiastic bicyclists toured the countryside over three consecutive Sundays, each in Harrisonburg, Waynesboro and Staunton, on routes of approximately 10 and 30 miles.

What did it take to put these rides together? It took over twenty-five hard-working volunteers, mostly from the SVBC, who helped with publicity, route layout and marking, ride escorts and sag, registration, photographs, and video taping. Also, it took eighty-seven (yes, eighty-seven) pizzas, lots of bananas, endless drinks, and nearly $1000.00 for T-shirts—all furnished by Pizza Hut, to whom we are eternally grateful. Cyclists received free pizza and T-shirts and a chance to win prizes donated by local bicycle shops. The grand prize, a Cannondale Mountain Bike valued at $269.95, donated by Cool Breeze Cyclery in Harrisonburg, was won by Kristin Bakke. Josie Sweeney won a bicycle rack donated by Cycle-Recycle of Waynesboro, and Adam Printy won a $25.00 gift certificate given by Staunton Bicycle.

Repeatedly, we are asked WHY—why do we go to so much trouble to conduct these rides? And the answer is...to promote the Colonial Virginia Bike Trek, a major fundraising event for the ALAY. The Trek, to be held September 16-18, is a two-day, 100-mile bicycle journey through Williamsburg, Yorktown and Surry. The trek is a fabulous event—just ask any of the ten SVBC members who participated in 1987 (several are signed up to ride again this year). Additionally, a number of new club members were recruited by ALAY as a result of the trek. To participate, trekkers pay a $20.00 registration fee and must raise a least $250.00 in donations. Proceeds benefit ALAY's health and research programs. For more information or to register for the Colonial Virginia Bike Trek, call 434-LUNG.

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 1.5¢ 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 informa-
tion: 434-2692.

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<tr>
<th>Anticipated Arrival Time</th>
<th>Day</th>
<th>Time</th>
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NOTE: You will be contacted for transportation pooling and a recommendation for your contribution to the Saturday pot-luck dinner.

SPEND A WEEKEND BEHIND BARS.

September 16-18

Bike Trek through Colonial Virginia

AMERICAN LUNG ASSOCIATION OF VIRGINIA

1 (800) 345-LUNG

CHARLOTTESVILLE, VIRGINIA BIKE AND PEACE

AMERICAN LUNG ASSOCIATION OF VA Blue Ridge Region

Sunday, August 7 9:00 AM

Park and start at Pizza Movers on Water Street, Charlottesville, VA

10 and 25 mile fun rides: FREE PIZZA and PEPSI after rides: Pre-registration is required.

Call 295-5125.
**JULY DRY RIVER TIME TRIAL RESULTS**

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<td>Tom Harbeck</td>
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<td>Tim Wolters</td>
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* CONGRATULATIONS, AGAIN, BILL!!! This is another NEW course record!*

Here are the results of the Team Time Trial that was held on July 9th, on the Dry River course. Prizes were awarded in three categories: Men's, Women's and Mixed teams.

**Women's:**
- Hess/Benson - 25:58

**Men's:**
- McCarrick/Houff - 21:21
- Harbeck/Slabau - 23:01
- Hull/Allen - 23:05
- Clague/Haire - 23:09
- Baxter/Szibler - 24:58
- Foster/Kase - 25:10

**Mixed:**
- Mullins/Kehlenbrink - 50:45

**SKYLINE RIDGE RIDE**

The 4/6 mile ride from Swift Run Gap to Skyland Lodge brought nine people scurrying for the coolness and thrills of the "high country". July 9th brought out the likes of Tom, Mike, Craig, Nor', Scott, Brad, Julie and David. One of the above (bet you can't guess who) rode from Harrisonburg and back—as what an animal. Another kept getting flats so we all got a few lessons on changing tires.

Some of the hills were steep but all had welcoming downhills. One tourist stop was made at Big Meadows Visitor Center to view the exhibits. Brunch followed at the Skyland Lodge. Everyone voted for a sequel so join us once again August 27, for another natural "high". See Ya there.

Pat Ulik
AUGUST 1988
SVBC RIDE CALENDAR AND MILEAGE CHART

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY 4

FRIDAY 5

SATURDAY 6

7
Ladies Only Ride 6 PM
Time Trial 6:15 PM
Friday's Friends 6 PM

8
Ladies Only Ride 6 PM
Time Trial 6:15 PM
Improv't Ride 5:30 PM
Mr. Gatti's Art's

9
Winery Tour Ride 6 AM
Ladies Only Ride 6 PM
Time Trial 6:15 PM
Century Comm. Meeting 7 PM
Mr. Gatti's Art's

10
Get Loose in Linville Ride 1:00 PM
Ladies Only Ride 6 PM
Time Trial 6:15 PM
Tour Comm. Meeting 7 PM
Pat Ulk's Art's

11
Bracket at Bryson 8:30 AM
Ladies Only Ride 6 AM
Time Trial 6:15 PM
Century Comm. Meeting 7 PM
Art's

Lake Moonaw Shampount Sept. 3
Worker's Century Mon. 7 AM Sept. 5

HELMETS ARE ENCOURAGED ON ALL SVBC RIDES!

BIKE MONTH

Monday, August 1
"Ladies Only Ride" Meet at Cool Breeze, 50 plus miles of fast pace. Every Monday, 6:00 PM.
"Dine and Drive" Meet at intersection of Route 279 and 795 West of Bryson. Appro. 10 miles. Rider sends off at 30 sec. intervals. Call 433-1228 for reservations.

Tuesday, August 2
"Ladies Only Ride" Meet at Allen and Sue Glagau, 1251 Main St. (see 6/21)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Wednesday, August 3
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Thursday, August 4
"Ladies Only Ride" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Saturday, August 6
"Get Loose in Linville" 45 mile ride road race, moderately hilly. Meet at Linville Post Office at 10:00 AM. For more information contact Art Povarac 433-2297.

Sunday, August 7
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Monday, August 8
"Ladies Only Ride" Meet at Cool Breeze, 50 plus miles of fast pace. Every Monday, 6:00 PM.

Tuesday, August 9
"Dine and Drive" Meet at intersection of Route 279 and 795 West of Bryson. Appro. 10 miles. Rider sends off at 30 sec. intervals. Call 433-1228 for reservations.

Wednesday, August 10
"Dine and Drive" Meet at Allen and Sue Glagau, 1251 Main St. (see 6/21)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Thursday, August 11
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Friday, August 12
25 mile road race 8:30 AM

Saturday, August 13
Lake Moonaw Shampount Sept. 3
Worker's Century Mon. 7 AM Sept. 5

Sunday, August 14
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Monday, August 15
"Ladies Only Ride" Meet at Cool Breeze, 50 plus miles of fast pace. Every Monday, 6:00 PM.

Tuesday, August 16
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Wednesday, August 17
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Thursday, August 18
"Ladies Only Ride" Meet at Cool Breeze, 50 plus miles of fast pace. Every Monday, 6:00 PM.

Friday, August 19
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Saturday, August 20
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Sunday, August 21
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Monday, August 22
"Ladies Only Ride" Meet at Cool Breeze, 50 plus miles of fast pace. Every Monday, 6:00 PM.

Tuesday, August 23
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Wednesday, August 24
"Ladies Only Ride" Meet at Cool Breeze, 50 plus miles of fast pace. Every Monday, 6:00 PM.

Thursday, August 25
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Friday, August 26
"Ladies Only Ride" Meet at Cool Breeze, 50 plus miles of fast pace. Every Monday, 6:00 PM.

Saturday, August 27
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Sunday, August 28
"Ladies Only Ride" Meet at Cool Breeze, 50 plus miles of fast pace. Every Monday, 6:00 PM.

Monday, August 29
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Tuesday, August 30
"Ladies Only Ride" Meet at Cool Breeze, 50 plus miles of fast pace. Every Monday, 6:00 PM.

Wednesday, August 31
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)
"Dine and Drive" Meet at 6:30 PM Cool Breeze (see 8/1)

Thursday, September 2-4 * LAKE MOONAW CAMPGROUND Biking, Boating and Hiking. Challenge 25 mile road tour with MILL GLEMS. Mountain biking opportunities, visit the Moosehead Resort, take a dip in hot springs, swim, canoe and fish Lake. Visit historic Warrensville and the Jackson River. Saturday dinner will be Pot Luck. Meet at Keister School, 6:00 AM. Information and reservations: Pat Ulkk 433-0726.

Sunday, September 5
"Ladies Only Ride" Meet at 7:00 AM at Westover Park parking lot. Info: Art Povarac 433-2297.

Monday, September 6
"Dine and Drive" Meet at 6:30 PM (see 8/1)
"Dine and Drive" Meet at 6:30 PM (see 8/1)

Tuesday, September 7
"LADIES MOUNTAIN VALLEY CYCLING" Ride at your own pace; 10, 15, 20 miles. Maps, seg, marked route, food, baked goods, etc. 5 pre-registration fee. 17 registration fee. Family. Info: Art Povarac 433-9287 (Application enclosed)


Monday, August 8 ** AUGUST SVBC MEETING 6:00 Ride
REGISTRATION FORM - SHENANDOAH VALLEY CENTURY

SUNDAY, SEPTEMBER 11, 1988

NAME(S): ____________________________________________

ADDRESS: ____________________________________________

CITY: ____________________________________________ STATE: ___________ ZIP: ______

TOUR DISTANCE (check one): ______25 mile ______50 mile ______100 mile

COST: $5/person on or before 9/9; $7 after 9/9 $_____

$15 per family (3 or more members) $_____

(# of family members) $_____

RELEASE: In consideration of the Shenandoah Valley Bicycle Club sponsoring a tour on the above date, I state:

1) I shall be ______ years of age on the date of the tour, and have no physical or other limitations preventing me from riding a bicycle on this tour. Furthermore, if I am under 14 years of age, I will ride with someone over 18 years of age.

2) I have inspected my bicycle for this tour and I know it to be in reasonably good and safe condition for the tour.

3) I have an adequate and reasonable knowledge of what is prudent and safe bicycle riding, and shall ride in that manner, for my own protection, and for the protection of others.

4) I agree to check in with those operating the tour at the completion of my ride so that they know when I am finished on the tour route. Furthermore, if I quit my ride on the tour before completion, I agree to inform those operating the tour that I am finished.

5) In signing this release for myself, or for the named entrant, I understand that the Shenandoah Valley Bicycle Club, the Club officers, the Club members, Bicycle USA, the City of Harrisonburg, and any others connected with this event are not responsible for, and are not insurers of my personal safety during the ride. I recognize that bicycling on the roads can be hazardous and that various dangers such as rough roads, RR tracks, etc. may be encountered.

I thus release the above organizations and their officers employers and members, and agree to absolve and hold them harmless, from any and all liability arising from my having sustained any property damage or personal injury by reason of their negligence in participating in, sponsoring, planning, or arranging this event. I shall abide by all traffic laws and practice courtesy and safety in bicycling.

Signature of Rider:

Signature of parent of rider under 18 years of age:

ALL PARTICIPANTS MUST COMPLETE AND SIGN THE RELEASE. THIS REGISTRATION FORM WILL NOT BE HONORED IF THE RELEASE IS NOT SIGNED.

Mail form and check, payable to the Shenandoah Valley Bicycle Club, to:

Shenandoah Valley Century
c/o Art Fovargue
210 Monument Avenue
Harrisonburg, VA 22801

HARD SHELL HELMETS STRONGLY ENCOURAGED
Plans are progressing well for our century on September 11. Marcia, Ron, Mike and Julie have been busy licking stamps and envelopes with mailings around the region. We still need some volunteers to help the day of the ride, in particular to work a full or half day at the checkpoint. Also needed is assistance for post distribution. We’ll have these at the regular membership meeting, August 8.

The next Century Committee meetings will be August 11 and August 31 at 7:00 PM at 210 Monument Avenue. If you can lend assistance in any way, or just want to see if goodies are provided, please come. Call me (433-9247) for directions or if you can help but can’t make it.

On Labor Day, September 5, we will have our WORKERS CENTURY—meet at 7:00 PM at Westover Park, large parking lot. This ride is for those helping out the day of the Century, others who can’t make the Century, or for those who yearn to do two SUV’s. On the ride we’ll check out the roads and maps, and paint arrows. Of course the distance options are the same as available during the Century; 25, 50, 62, 75, 100. --- miles. Worker Century is unsupported so bring your own water and some snacks.

Below is a Century registration form. Pre-register and beat the rush. Feel free to copy the form for your friends, or pick up more at area bike shops.

Art feathers

RAILS FOR TRAILS

According to the “Daily News Record” (7-30-88), there will be a public hearing 7:30 PM August 23 at John Hayland Intermediate School near Bridgewater concerning Rockingham County purchasing 2.6 miles of railroad right of way to convert into a walking and jogging trail. Wendell Eberly, County Director of Parks and Recreation sends letters to the 21 owners of property adjoining the right of way and got 12 responses: nine in opposition, one in favor and two who want the thistles cleaned up.

ARTICLES FOR THIS NEWSLETTER ARE WELCOMED. SEND TO: DONNA WERNER, 4505 CHAPMAN AVE, HARRISONBURG VA 22801 OR CALL ME AT 433-8977. Deadline is the last Monday in the month.

**HENANDOAH VALLEY BICYCLE CLUB**

> O. Box 1014
larrisonburg, VA 22801

AUGUST MEETING
VALLEY WELLNESS CENTER
RIDE AT 6:00 PM
MEETING AT 7:30 PM

MARK’S BIKE SHOP & COOL BREEZE CYCLOERY contribute to the cost of the monthly newsletters.

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