

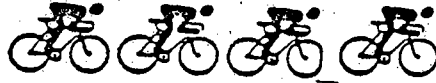
SHENANDOAH VALLEY BICYCLE CLUB NEWSLETTER

AUGUST 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
	Jack Foster	Racing	828-4047

Presidents Corner:



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 be just 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 Norm'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.



Mike

Following is a list of the donors who contributed to the Sue Rippey 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	Gitchell's Photography	Eleanor Price
Al Clague	Brian Goings	Roth Theatres
Cool Breeze Cyclery	Johlene Hess	The Sheraton-H'burg Inn
Coreast Savings Bank	The Joshua Wilton House	The Shirt Shack Trophy Shop
Mike Cullerton	Mike K. Kase	Winston Shifflett
Dr. David Diller	King Photo Supply	Sovern Bank
Dominion Bank	Legends Sporting Goods	Staunton Bicycle
Donovan's Framery	The Little Grill	T.C.B.Y Yogurt
Downtown Books	Luigi's Pizza & Sub Shop	Town & Campus Records
Julie Drinkard	Mark's Bike Shop	Nick Townsend
1st American Bank	Massanutten Bank & Trust	The Tuxedo Shop
1st Virginia Bank, Planters	McCoy's Waterbeds	Valley Wellness Center
Robert Flory	The Miller's Daughter	Georgina Valverde
Jack Foster	Nautilus Fitness Center	Travis Watson
Kathy Fovargue	Other Voices Book Store	Leslie Welch
David Frye	The Outdoor Place	Bruce & Donna Werner
	J. C. Penney	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 sags, 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 Curaca Mountain Bicycle valued at \$269.95, donated by Cool Breeze Cyclery in Harrisonburg, was won by Kristin Bakke. Julia Sweeny 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 ALAV. 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 ALAV as a result of the trek. To participate, trekkers pay a \$20.00 registration fee and must raise at least \$250.00 in donations. Proceeds benefit ALAV'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 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

Anticipated Arrival Time	Day	Time	Your Tel. No.

**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.

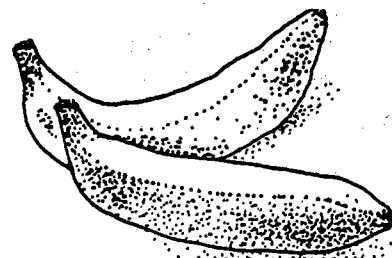
## September 16-18



Bike Trek through Colonial Virginia with the

AMERICAN LUNG ASSOCIATION OF VIRGINIA

1 (800) 345-LUNG



CHARLOTTESVILLE, VIRGINIA BIKE AND FEAST      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 PIZZI and PEPSI after rides!      Pre-registration is required.  
 Call 295-9343.

JULY DRY RIVER TIME TRIAL RESULTS

	<u>7/5</u>	<u>7/12</u>	<u>7/19</u>	<u>7/26</u>
John Baxter	26:10		25:04	24:38
Serena Benson			26:29	
Dave Cary	26.50			26:08
Al Clague	24:02		24:00	
Sue Clague	29.21		28:29	
John DeVier-Scott				26:40
Marcia Dickenson			30:07	
Jack Foster		25:03		
David Frye	27:51	26:47	27:33	26:40
Larry Grossman			26:03	
John Haire	24:44			
Tom Harbeck				24:05
Ted Harris			28:22	27:26
Dennis Herr		24:06		24:17
Johlene Hess			25:44	
Steve Hull	24:39			
Mike K. Kase	26:34			
Larry Kelley				23:55
Denny Kenney	25:48			25:20
David Lovegrove			26:18	25:28
Bill McCarrick	20:57 *		21:20	
Peter Mullen	24:36			
Winston Shifflett	26:30			
Steve Slaubaugh	24.36		24:33	24:27
Steve Szibler	25:36			24:49
George Trimble	25:27		26:12	
Pat Ulik	28.44			
Vince Vizachero	26:41	26:56		25:59
Tim Wolters		25:49		25:15



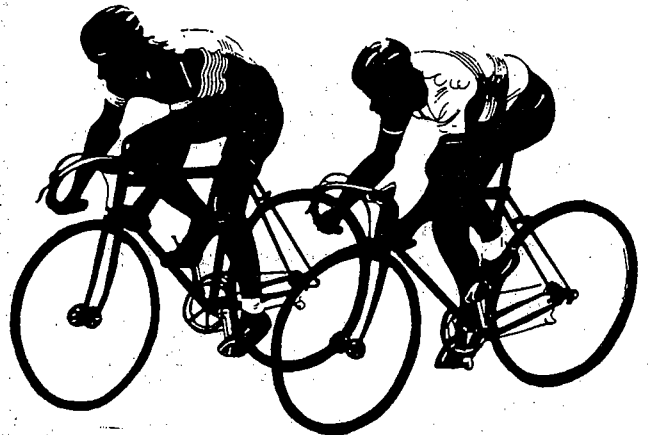
Road Race  
 August 13  
 25 miles  
 \$2 registration  
 8:30 AM at  
 Jack Foster's  
 423 Grove St.  
 Bridgewater, VA  
 Info: Jack @ 828-4047

\* CONGRATULATIONS, AGAIN, Bill!!! This is another NEW course record!

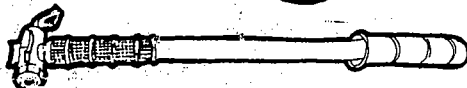


Here are the results of the Team Time Trial that was held on July 9th, on the Dry River course. Prizes were awarded in three categories: Men's, Women's and Mixed teams.

- Women's: Hess/Benson - 25:58
- Men's: McCarrick/Houff - 21:21
- Harbeck/Slaubaugh - 23:01
- Hull/Allen - 23:05
- Clague/Haire - 23:09
- Baxter/Szibler - 24:58
- Foster/Kase - 25:10
- Baker/Gouff - 25:29
- Mixed: Mullins/Kehlenbrink - 50:45



SKYLINE RIDGE RIDE



The 46 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, Norm, Scott, Brad, Julie and David. One of the above (bet you can't guess who) rode from Harrisonburg and back--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

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AUGUST 1988 SVBC RIDE CALENDAR AND MILEAGE CHART

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Ladies Only Ride 6 PM	2 Time Trial 6:15 PM	3 FUDGEBERRY RIDE 6 pm	4	5	6
7	8 Ladies Only Ride 6 PM MEETING!!!	9 Time Trial 6:15 PM	10 Impromptu Ride 5:30pm Mr. Gatti's	11 Century Comm Meeting 7PM Art's	12	13 25 mile road race 8:30 AM
14 Winery Tour Ride 8 AM	15 Ladies Only Ride 6 PM	16 Time Trial 6:15 PM	17	18	19	20
21 Get Loose in Linville" Ride 1:00PM	22 Ladies Only Ride 6 PM	23 Time Trial 6:15 PM	24 Tour Comm. Meeting 7PM Pat Ulik's	25	26	27 Skyline Ridge Ride 8:30AM
28 Brunch at Bryce 8:30AM	29 Ladies Only Ride 6PM	30 Time Trial 6:15 PM	31 Century Comm Meeting 7PM Art's		Lake Moomaw Campout Sept. 3-5	Worker's Century Mon. 7 AM Sept. 5

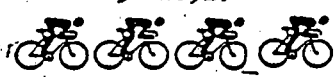


HELMETS ARE ENCOURAGED ON ALL SVBC RIDES!

SVBC RIDE SCHEDULE AND EVENTS

BIKE MONTH

**RIDE CODE**  
 Class A For strong, experienced riders, 25 to 100 miles at 14 to 22 mph average. Few, if any stops. Expect difficult terrain.  
 Class B Consistent pace, 15 to 68 miles at 12 to 16 mph average. Some hills likely. For the competent cyclist. Some stops.  
 Class C For average riders - ride 10 to 35 miles at an average pace of 8 to 12 mph. Stops definitely included - hills kept to a minimum.  
 Class D A ride of 5 to 15 miles on any type of well-maintained bicycle. Frequent stops, mostly easy terrain, less than 10 mph average.  
 Class E Leisurely, slow paced, family rides. All ride together as a group.  
 No classification scheme is perfect. If you ever have a question about a ride, feel free to contact the ride leader.

Monday, August 1 "Ladies Only Ride" Meet at Cool Breeze, 20 plus miles of fast pace. Every Monday, 6:00 PM.  
 Tuesday, August 2 "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.  
 Wednesday, Aug. 3 "Fudgeberry Ride" meet at Allen and Sue Clagues, 1261 Lincolnshire Drive at 6:00 PM. Special Treats following. Call 433-3241 for reservations.  
 Monday, August 8 \*\* "Ladies Only Ride" 6:00 PM Cool Breeze (see 8/1)  
 Tuesday, August 9 "Time Trials" 6:15PM (see 8/2)  
 Wednesday, Aug. 10 "Impromptu Ride" meet at Mr. Gattis, 5:30 PM. Buffet afterwards.  
 Thursday, Aug. 11 Century Committee Meeting 7 PM, 210 Monument Ave. Art Fovargue 433-9247  
 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 Edinburg Mill Restaurant prior to wine tours. Meet at Jamesway Shopping Center in Timberville on Hwy. 42. Info. Jack at 828-4047.  
 Monday, August 15 "Ladies Only Ride" 6:00 PM, Cool Breeze (see 8/1)  
 Tuesday, August 16 "Time Trials", 6:15PM (see 8/2)  
 Sunday, August 21 "Get Loose in Linville", 25 mile road ride, moderately hilly. Meet at Linville Post Office at 1:00 PM. Pot Luck to follow at Scott and Serena's home. Info. 433-0323.  
 Monday, August 22 "Ladies Only Ride", 6:00 PM, Cool Breeze (see 8/1)  
 Tuesday, August 23 "Time Trials" 6:15 PM (see 8/2)  
 Wednesday, Aug. 24 Touring Committee Meeting, at Pat Ulik's, 7:00 PM.  
 Saturday, August 27 "Skyline Ridge Ride", 46 mile ride from Swift Run Gap to highest point on drive. Lunch at Skyland Lodge. "Let's get HIGH again." Meet 8:30 AM at Hwy. 33 junction with the Skyline Drive (entrance station to Shenandoah Park). B-C Pace. Info. Pat Ulik 433-0756.  
 Sunday, August 28 "Brunch at Bryce", a second sequel; 50 miles of C pace with hill climbing. Meet at Jamesway Shopping Center in Timberville on Hwy. 42. 8:30 AM Info. Mike Kase, 879-2649.  
 Monday, August 29 "Ladies Only Ride", 6:00 PM, Cool Breeze (see 8/1)  
 Tuesday, August 30 "Time Trials", 6:15 PM (see 8/2)  
 Wednesday, Aug. 31 Century Committee Meeting, 7:00 PM at Art Fovargue's, 210 Monument Ave., Call 433-9247.  
 Saturday - Monday, September 3-4-5 "LAKE MOOMAW CAMPOUT" Biking, Boating and Hiking. Challenging 25 mile road tour with HILL CLIMB. Mountain Biking opportunities, visit the Homestead Resort, take a dip in hot springs; swim; canoe and fish Lake Moomaw; visit historic Warwick Mansion on the Jackson River. Saturday dinner will be Pot Luck. Meet at Keister School, 8:00 AM. Information and reservations: Pat Ulik 433-0756.  
 Monday, Sept. 5 "WORKER'S CENTURY" meet 7:00 AM at Westover Park parking lot. Info: Art Fovargue, 433-9247.  
 Monday, Sept. 5 "Ladies Only Ride", 6:00 PM (see 8/1)  
 Tuesday, Sept. 6 "Time Trials" 6:15 PM (see 8/2)  
 Sunday, Sept. 11 "Sixth ANNUAL VALLEY CENTURY", Ride at your own pace; 50, 100 miles. Maps, sag, marked route, food, baked goods, etc. \$5 pre-registration; \$7 registration; \$15 family. Info. Art Fovargue 433-9247 (Application enclosed)  
 Sat.-Sun., Oct. 8-10 "TOUR OF THE HISTORIC TRIANGLE" Camp at Jamestown Beach Campsite Resort. See application in this newsletter. Information call Norm Gulliksen at 434-2692.  
 Monday, August 8 \*\* AUGUST SVBC MEETING 6:00 Ride 7:30 Meeting Wellness Center 

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.

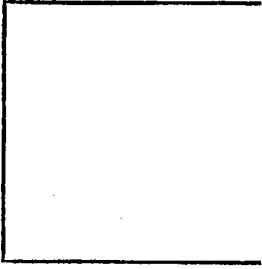
Signature of Rider: \_\_\_\_\_  
Signature of parent if rider under 18 years of age: \_\_\_\_\_

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



SHENANDOAH VALLEY CENTURY.



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 poster 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 WORKER'S CENTURY - meet at 7:00 AM 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 SVC'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.

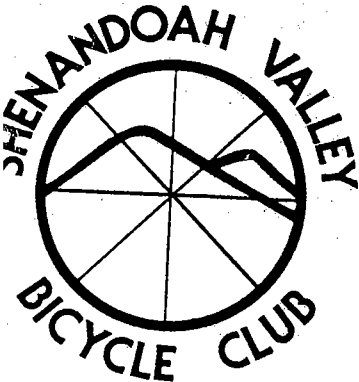
Below is a Century registration form. Pre-register and beat the rush. Feel free to copy the form for your friends, or pick up more at area bike shops.

Art Fovargue

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 Wayland 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 sent 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.

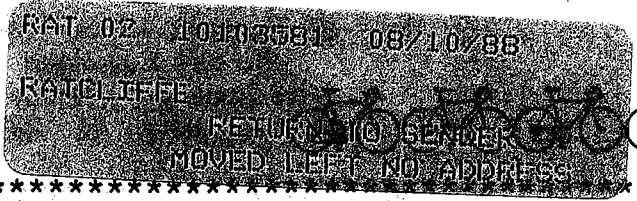
ARTICLES FOR THIS NEWSLETTER ARE WELCOMED. SEND TO: DONNA WERNER, 1450 CRAWFORD AVE., HARRISONBURG, VA 22801 OR CALL ME AT 433-8977. Deadline is the last Monday in the Month.



P. O. Box 1014  
Harrisonburg, VA  
22801

Arthur Ratcliffe  
4102-1 Town House Rd  
Richmond VA 23228

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



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