County baked goods followed.

Chairman closed the meeting at 8:00 p.m. Proceedings of the meeting
were recorded by the Secretary and with these clubs, your
minutes are now on file. Tell your friends - it's a bargain at five the price.

September Minutes

Ted Hanes
President

Jack Foster
Vice President

March Dickerson
Secretary

Barry Carr
Treasurer

March Dickerson
Public Relations

Ted Hanes
Recorder

Jack Foster
Newspaper

March Dickerson
Publicity

Ted Hanes
Newspaper

Jack Foster
Publications
Classifieds:
If anyone has anything to sell, buy, or otherwise notify club members about, please submit info. to Chuck Burley or Ted Harris before the 24th of each month in order to be included in the Classified section of the newsletter.

CLUB MEETINGS
The Club meetings for October through April, 1990, will be held at the Valley Wellness Center in Harrisonburg. The meetings will start at 7pm. Each meeting will have a topic or speaker followed by a general business meeting. Following are the dates and topic for these meetings.

October 9. Mark Nissley, owner of Mark's Bike Shop, will present a 30 minute video of the Hoo Ha. This was a successful mountain bike event sponsored by Mark and the Massanutten Resort. The video is a commercial production and is really fun to watch.

November 13. TBA

December 11. Mike Perry, Manager, Cycle Swiss Alpine, will present a talk and slide show on his company's Swiss Alpine bicycle touring. Cycle Swiss Alpine is a small bicycle touring company specializing in tours through (and over) the Swill Alps. Snack and drinks will be provided.

January 8. Pot luck dinner. No speaker this night. Anyone interested in presenting their views on the helmet policy may do so. We will hear from the Nominating Committee on their slate of officers. The floor will also be open for nominations. Please remember that nominations must have the person's approval before being brought up.

February 12. TBA

March 12. TBA

April 9. TBA

From the recovery room.....
Thanks to everyone who stopped and helped me out after my fall on the century ride. After 2 days in the hospital, I'm back at home for a week or so before I can return to work. Luckily I'm not too much worse for the wear and as soon as the bones mend and the bruises go away I should be back on the road. Thanks again for your help, concern and good wishes.

Larry

FOUND: One JMU sweatshirt at the century. Call Art Fovargue 433-9247.

President's Draft

"The Thrill of Victory and The Agony of Defeat"
Congratulations to those who completed the century and especially to those who did it for their first time. I have heard that our century is relatively difficult due to the hills but I wouldn't know since this is the only one I've ever ridden. I do know however that this year it was particularly difficult due to the heat.

Those that set out to do the century but did not complete it should not be discouraged. Do not look at it as a failure but as a learning experience. Ask yourself about your physical conditioning, training and diet prior to the ride and how you can improve next year. Set a goal next year to complete the eighth annual century and work towards it.

Last, but certainly not least, I would like to thank all who worked on the century. Everybody did a great job. More on this in Art's article.

ADOPT-A-TRAIL
The George Washington National Forest has a program whereby interested publics can adopt a trail in the national forest for mountain bike riding, hiking or other uses. This does not mean granting exclusive right to use. What it does however is promote safe and ethical use of trails. Through this program, opportunities exist to maintain, improve or create new trails.

I have been in touch with District Rangers John Coleman (Lee Ranger District, Edinburgh) and Bud Risner (Dry River Ranger District, Bridgewater). Both have been very receptive to the idea.

Ray Ritchie in Broadway has agreed to take the lead in working with the Lee Ranger District to locate trails suitable for adopting. Is there anyone interested in taking the lead working with the Dry River Ranger District?

This program has proven very successful with other publics interested in hiking and horseback riding. Given the growing popularity of mountain bike riding, I believe the Club should take this opportunity to work with the Forest Service in identifying and maintaining trails suitable for mountain bike riding. The objectives would be to identify suitable trails for riding, promote ethical trail riding and develop a positive working relationship with the George Washington National Forest.

Anyone interested, please call Ray Ritchie or Chuck Burley.

Chuck

P.S. Do not panic in December when you do not get a newsletter. One will not be published that month.
Rides Outside the Valley

Volunteers Needed

Other Notables...
<table>
<thead>
<tr>
<th>Name</th>
<th>Sept 5 Min:Sec</th>
<th>Sept 12 Min:Sec</th>
<th>Sept 26 Min:Sec</th>
</tr>
</thead>
<tbody>
<tr>
<td>Larry Parker</td>
<td>27:53</td>
<td></td>
<td></td>
</tr>
<tr>
<td>David Bashaw</td>
<td>26:45</td>
<td>27:06</td>
<td>27:40</td>
</tr>
<tr>
<td>Ken Bell</td>
<td>24:50</td>
<td>23:37</td>
<td></td>
</tr>
<tr>
<td>Al Clague</td>
<td>24:05</td>
<td>24:05</td>
<td></td>
</tr>
<tr>
<td>Sue Arnold</td>
<td>25:25</td>
<td>25:51</td>
<td></td>
</tr>
<tr>
<td>Kevin Arnold</td>
<td>23:31</td>
<td>23:31</td>
<td></td>
</tr>
<tr>
<td>George Willetts</td>
<td>23:18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serena Benson</td>
<td>26:38</td>
<td>27:01</td>
<td>27:38</td>
</tr>
<tr>
<td>Les Welch</td>
<td>26:27</td>
<td>26:30</td>
<td>28:27</td>
</tr>
<tr>
<td>David Neikirk</td>
<td>27:25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sean McClathui</td>
<td>29:27</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marcia Lamphier</td>
<td>30:13</td>
<td>32:12</td>
<td></td>
</tr>
<tr>
<td>Robin Baldwin</td>
<td>29:08</td>
<td></td>
<td></td>
</tr>
<tr>
<td>George Trimble</td>
<td>25:25</td>
<td>26:32</td>
<td></td>
</tr>
<tr>
<td>Jodi Hess</td>
<td>25:47</td>
<td>26:09</td>
<td></td>
</tr>
<tr>
<td>Steve White</td>
<td>31:07</td>
<td></td>
<td></td>
</tr>
<tr>
<td>David Frye</td>
<td>26:07</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lester Bowers</td>
<td>27:06</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jeff Holsapple</td>
<td>25:31</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jonathan Martin</td>
<td>26:09</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Matt Bracken</td>
<td>23:46</td>
<td></td>
<td></td>
</tr>
<tr>
<td>David Brunk</td>
<td>26:05</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tim Wolters</td>
<td>27:38</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sept. 19, rain; no time trials.

**Sept. 26, LAST TIME TRIALS OF 1989.**

---

**HISTORIC TRIANGLE SHENANDOAH VALLEY BICYCLE CLUB MEET**

**JAMESTOWN - WILLIAMSBURG - YORKTOWN**

**When:** Sat, Sun, Mon Oct 7-8-9

**Housing:** Jamestown Campground Saturday and Sunday nights.

**Meals:** Sat. dinner - Pot luck campsite
Sun. Breakfast - Ferry and ride to Williamsburg
Sun. Dinner - Car pool to Williamsburg
Mon Breakfast - On your own at campsite

**Rides:**
To Williamsburg - Surry House - Yorktown - Yorktown Battle Field Tour - old Jamestown - More as you wish.

**Cost:** Everyone pays own expenses. Tenting $2.50/night includes showers.

**Timing:** Campsite to be set up by 11am Sat. Depart for home as you wish. Deadline noon Mon.

**Getting There and Back:** On your own. Call Norm if you need help car pooling and directions to camp grounds.

**Registration:** Send Below to: Norm Gulliksen
79 Weaver Ave.
Harrisonburg 22801
Or Call 434-2692

---

Please excuse any misspellings or incorrect times.

Name __________________________________________

No. of bikers ________ No. of tents ______

Arrival time Sat. ________ Departure Day ________

Departure Time ________

If you have questions call Norm at 434-2692.
<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>May</td>
<td></td>
<td>Impromptu Ride</td>
</tr>
<tr>
<td>Impromptu Ride</td>
<td>HISTORIC TRIANGLE RIDE</td>
<td>8</td>
<td>Ladies Only Ride 6:00p.m.</td>
<td>9</td>
<td>CLUB MEETING 7:00p.m.</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Impromptu Ride</td>
<td>Ladies Only Ride 6:00p.m.</td>
<td>18</td>
<td>19</td>
<td>Impromptu Ride</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Impromptu Ride</td>
<td>Ladies Only Ride 6:00p.m.</td>
<td>29</td>
<td>30</td>
<td>Impromptu Ride</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

**Ride Description**

**Oct. 7 - 9**

Camp out and ride the historic triangle of Williamsburg, James town and Yorktown. See details in this newsletter.

**Oct. 14**

Ladies Only Rides; 20 plus miles of fun pace.

**Sat. Oct. 21**

Impromptu Rides

These are "no host" rides with route to be determined by riders present.

**Every Monday**

Meet at Cool Breeze Cyclery at 6:00p.m.

**Thursdays - 5:30p.m. Little Grill**

Organizers lead. Meet at Keister's Near school, 100 Maryland Ave.

**Sundays - 1p.m. Meet at Waterman Elem. School, 451 Chicago Ave.**

Meet" in the 450-452 (W) on Broadway at 6:30p.m. beer and morning provided. Directions to Brisco's House: 3 1/2 miles north of Timberville on Rt. 42 to Rt. 728. For more info, call Bruce at 616-225 (7) or Ray Ritchie at 243-0225 (7).