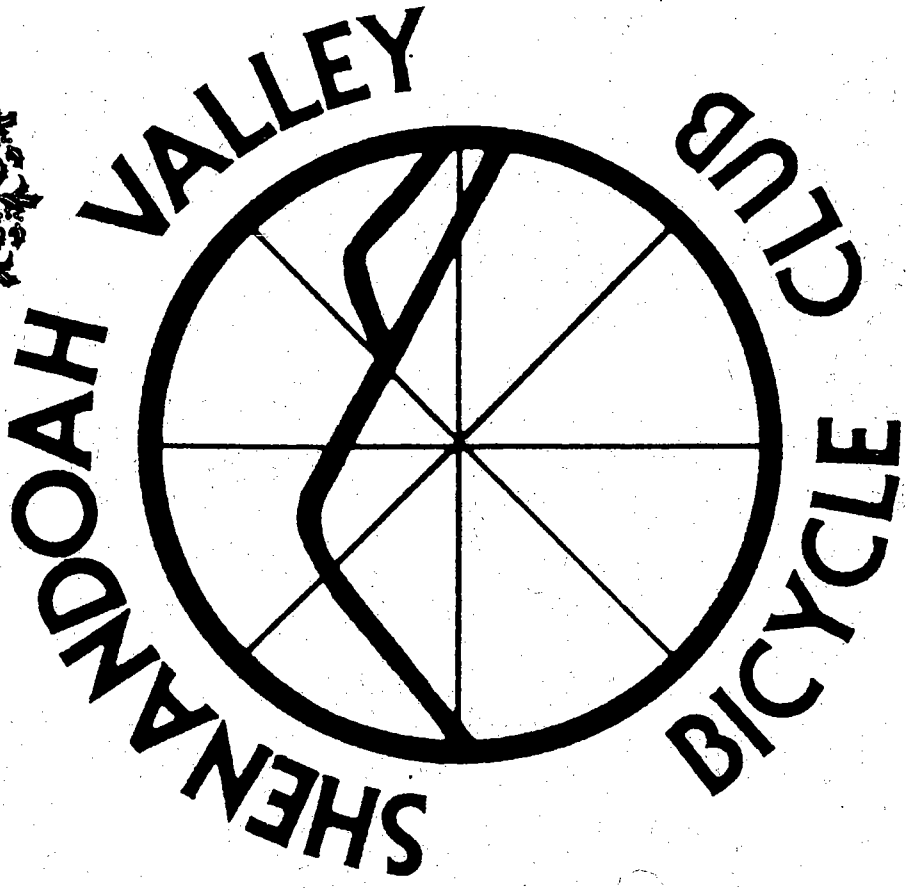
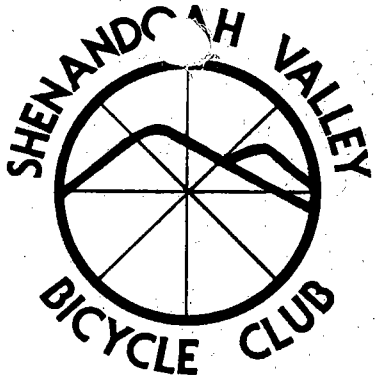


November/December 1989



NEWSLETTER



P.O. Box 1014  
Harrisonburg, VA  
22801

**NOVEMBER MEETING CANCELLED**

**Next Meeting will be December 11th**

**Mark's Bike Shop and Cool Breeze Cyclery contribute to the cost of the monthly newsletters**

# Shenandoah Valley Bicycle Club Officers:

Chuck Burley	President	433-8589
Jack Foster	Vice President	828-4047
Art Fovargue	Secretary	433-9247
Marcia Dickenson	Treasurer	432-0419
Dave Cary	Touring	289-9074
Marcia Dickenson	Publicity	432-0419
Jack Foster	Racing	828-4047
Ted Harris	Newsletter	433-3049

## October Minutes

Location: Valley Wellness Center



Marcia opened the meeting at about 7:10 p.m.

Main Attraction: Mark Nissley's Massanutten Hoo Ha video presentation. It received rave reviews by those in attendance. Thanks, Mark!

Dave Carey/Touring Committee: September Rides - Skyline Drive & Williamsburg. October Rides - Bruce's Mountain Bike & Broadway. To increase participation, touring rides for next year will be scheduled with one major theme (special) ride each month. Other rides will be impromptu.

Ray Ritchie/Adopt-A-Trail: The propose was hiked by Ray, L.B. Branner, etc. Ray's recommendation is for the SVBC to Maintain a 12 mile loop section of the trail. L.B. will meet with Forest Service Oct. 24th. Members suggested a Sunday Mountain Bike Ride to check out the trail.

Tom Mayer/Adopt-A-Highway: Tom proposed the SVBC Adopt-A-Highway. He will contact the highway dept. Dave Frye suggested that members could select a specific road the bike club would maintain.

Marcia Lampher/Treasury Report: \$378.56 balance in the checkbook. There are still outstanding bills. SVBC Century Ride cleared approximately \$450 which will be credited this week.

General Discussion: to reduce cost the newsletter will be published bi-monthly throughout the winter months.

### Johnson & Johnson Kid's Helmet Offer

Johnson & Johnson has an offer good through December whereby they will send you a Bell helmet for your child, if you buy four of their products, submit the necessary receipts, proof of purchases and coupon. The cost to you is about \$9 after purchasing the products.

Art Fovargue found out too late that they will not rebate the cost of buying a helmet. That is, do not buy the helmet at a dealer and then expect [J&J] to rebate anything. You must send the necessary materials to them and they will send you the helmet.

Art has the coupons to get the helmet. If you have any questions, contact Art.

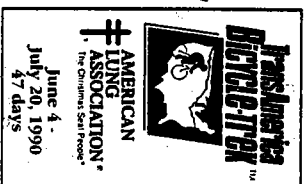
**Seattle**

**TransAmerica Bicycle-Trek™**  
June 4 - July 20, 1990  
47 days, 3370 miles, 400 participants  
Across the country -- the largest group of bicyclists to cross the United States together. The largest fund raising event in the history of the American Lung Association.  
■ See the Rocky Mountains of Glacier National Park, prairies, midwestern farms, the beautiful Appalachians

**San Diego**

**Pacific Coast Bicycle-Trek™**  
September 24 - October 19, 1990  
26 days, 1550 miles, 250 participants  
Spectacular sights of soil water, beaches and bluffs.  
■ Experience the Redwood National Park, the wine country of Sonoma County, the Golden Gate Bridge, San Francisco, on to Big Sur and the Southern California beaches to San Diego

**Washington, D.C.**



FOR MORE INFORMATION CALL 1-800-433-0528

## Membership

We would like to extend a hearty welcome to the following new members:

Tim Wolters  
Christine Farabaugh

Staunton  
Harrisonburg

## Christmas Parade

### Be a Vo" LUNG"teer this Christmas

If you would like to ride/walk your bicycle, wear a sandwich board, or carry a banner on behalf of the American Lung Association in one or two Christmas parades, please call Crystal Plunkett at 434-5864. (Harrisonburg-12/1, 7:00 p.m.; Staunton, 12/2, 11:00 a.m.) The 1988 Harrisonburg parade was a great success (albeit a bit nippy, Ed.) - our cyclists won 2nd place for a marching unit - beaten by none other than the Coors umbrellas.

We hope you will join us in conveying the idea of "cycling for clean air" as well as cycling safety. The entire family can participate, but as usual, we do request that helmets be worn.

Rose Garrison and Crystal Plunkett

## News Flash!

The Tourism Council of Frederick County in cooperation with Wheel Base Inc., a Frederick bicycle shop, has published a new Bicycle Tour of the Frederick area just in time for those fall trips into the country.

This Bicycle Tour includes nine new routes which have been professionalized. The routes vary in length and terrain to provide encouragement for beginner and challenges to the experienced. A map and descriptive copy accompany each tour. The complete kit is packaged in a weather-resistant plastic sleeve which makes it very portable for the long distance rider.

The new Bicycle Tour is available for \$4.20 at the Frederick Visitor Center, 19 East Church Street or can be mailed at a cost of \$5.25.

For more information on Bicycle Tours, as well as special events in Frederick County, contact the Tourism Council, 19 East Church Street, Frederick, MD 21701 or call 301/663-8687.

Membership: Mark Nissley proposed fun-filled activities to increase membership. He also suggested getting JMU students involved in the club. A major membership drive should kick off next year with two concentrations: 1) JMU students 2) community.

Cool Breeze & Mark's volunteered to collect membership dues at their shops

Meeting closed at 8:35 p.m..

## President's Draft

Several weeks ago, Ray Ritchie, L.B. Branner, Jack Foster, myself and representatives from the US Forest Service, Potomac Appalachian Trail Club and owners of a mountain bike shop in Winchester hiked about 8 miles looking at potential multi-purpose trails. We were looking at the possibility of constructing trails for hiking, biking and other non-motorized uses.

Since then, Marcia, George and several others rode the trail that Ray is interested in adopting. It is about a 10 mile loop that starts and ends around Orkney Springs. It runs up the mountain and along the ridge for several miles. There are several very beautiful viewing points along the route.

I would like to thank Ray and L.B. for their efforts. They have taken their time to visit with Forest Service representatives and conduct on-site visits. I am very confident that their efforts will result in a loop ride that the Club can adopt.

What Ray and L.B. need is your support in helping to develop and maintain on a regular basis the trail that we adopt. Please show your support by going on the rides and pitching in when some work needs to be done. This is an excellent opportunity for you to get involved in the multiple-use management of YOUR national forests.

Remember: There will be no November Club meeting nor will there be a December newsletter.

I would like to thank everyone that has pitched in and helped with Club activities this year. This includes Club officers, ride leaders, Century volunteers, riders on the MS 150 and ALAV Colonial Williamsburg rides, hosts for meetings and apre ride parties, and on and on and on. Your efforts have led to a very enjoyable year and strong representation at public events.

HAVE A VERY SAFE AND HAPPY HOLIDAY SEASON!!!

Chuck

# Ride Description

## Impromptu Rides

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

**Saturdays - 9a.m.** Ride and breakfast to follow: meet at Keister Elem. School, 100 Maryland Ave.  
**Sundays - 1p.m.** Meet at Waterman Elem. School, 451 Chicago Ave.

**November 12** Impromptu Ride starting at Norm Gullikson's at 10 am. Call Norm at 434-2692 for details.

**December 3** Tentative: Mountain Bike ride on one of the proposed trails for adoption by the Club. Call Marcia at 432-0419 for details.

**January 1** New Year's Day ride. Coffee and donuts (or something) to follow the ride. Massanutten mountain bike ride. Meet at the Cary's at 10 am. Call Dave or Nancy at 289-9074 for details.

**February ??** Cross country ski weekend one weekend in February. Date is contingent on which weekend George Trimble is not working and/or when there is enough snow on the ground. Details to be announced later.

# 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

**IMPORTANT NOTICE: THE NOVEMBER MEETING HAS BEEN CANCELLED. THE NEXT MEETING WILL BE DECEMBER 11.**

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

**November 13 CANCELLED**

**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 Swiss 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 (any volunteers???)

**March 12.** Art Fovargue will have a presentation on energy expenditure and bicycling.

April 9. TBA (Marcia).

## VOLUNTEERS NEEDED

### Earth Day

On April 22, 1990, the 20th anniversary of Earth Day will be celebrated nationally. There are plans currently being made by local clubs and chapters of national organizations for a celebration in Harrisonburg. This is an excellent activity to involve the Club in. If you would like to provide support by organizing, sponsoring a ride, preparing exhibits or spreading the word that bicycling is both fun and environmentally sound, please volunteer. Anyone interested, please contact Chuck Burley.

