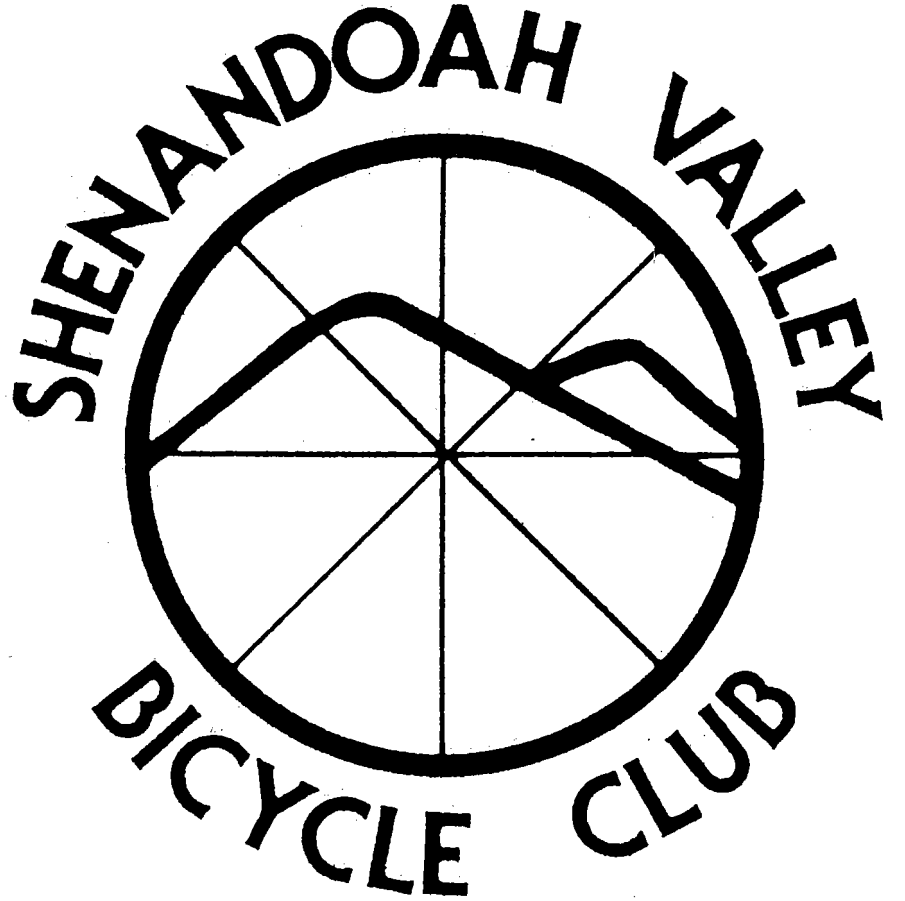
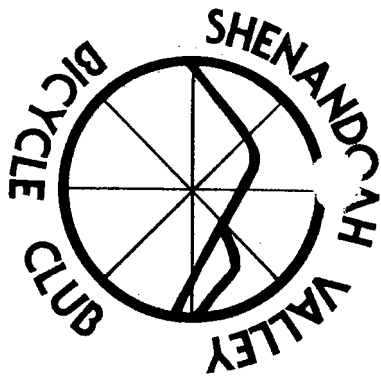


JANUARY/FEBRUARY 1990



NEWSLETTER



P.O. Box 1014
Harrisonburg, VA
22801

CLUB MEETING:
FEB. 12
Valley Wellness Center
7pm.

Cool Breeze Cyclery and Mark's Bike Shop 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 Lamphier	Treasurer	432-0419
Dave Cary	Touring	289-9074
Marcia Lamphier	Publicity	432-0419
Jack Foster	Racing	828-4047
Ted Harris	Newsletter	433-3049

December and January Minutes

Since I the (the Secretary) did not keep very good notes over the last two meetings, here is a brief summary (more or less).

DECEMBER: Mike and Rosalee Perry of Cycle Swiss Alpine thrilled us with slides and stories of the bicycle tours they run in Switzerland. These tours are about 12 days and include many major mountain passes (not for the weak kneed). Scenery was more than spectacular. Many thanks to the Perry's for an enjoyable evening.

At the business end of the meeting Chuck Burley and Ray Ritchie discussed the "Adopt-A-Mountain-Trail" program that is being worked on with the Forest Service. Dave Cary gave us an update on 1990 touring plans, Marcia Lamphier reported there was about \$1000 in the treasury. Refreshments were available thanks to Marcia. Dec. 11.

JANUARY: The highlight of this meeting was food, with some very tasty foods being supplied by members.

After all were filled with dinner and dessert the meeting turned to business at hand, Marcia reported the treasury is "fine", Dave again updated us on the touring committee's 1990 plans, and a unanimous "thanks" was given to Ted Harris for the newsletter and how good it looks. Most of the remaining time was spent on discussing whether the club should make helmets mandatory for club activities. Some concerns expressed were that cyclist's have the right not to protect their own heads, and that we may be excluding new members with such a policy. Other comments were that the club could have a certain number of helmets available for use at rides, and that we should perhaps be focusing on other riding safety issues in addition to or instead of helmets. It is planned to have this issue on the election ballot in February. The present slate of office nominees was slated. Jan. 8.

1990 BALLOT

PLEASE CAST YOUR VOTE FOR CLUB OFFICERS AND ON THE AMENDMENT OF THE BYLAWS AS STATED. PLEASE RETURN YOUR BALLOT TO ART FOVARGUE, SECRETARY, 210 MONUMENT AVENUE, HARRISONBURG, VA 22801.

BALLOTS MUST BE RECEIVED BY MARCH 1.

The ballot for Club Officers for 1990 is as follows:

President - Chuck Burley

Vice President - Jack Foster

Treasurer - Marcia Lamphier

Secretary - Art Fovargue

Please vote by indicating your choice below:

_____ I vote for the slate as presented.

_____ I vote for the slate as presented with the following write in(s):

Office

Name

Your Club Officer's have proposed changing the Club's bylaws to include a helmet policy requiring helmets be worn on all of your Club's rides. To amend the bylaws, it is required that the membership vote. Following is the proposed amendment for your vote.

The amendment will read:

All cyclists participating in the official Shenandoah Valley Bicycle Club rides are required to wear helmets (Snell or ANSI approved). Riders who show up at rides without helmets will not be allowed to sign up for the ride as either a member or non-member. To encourage the use of helmets, discounts for Shenandoah Valley Bicycle Club members on the purchase of helmets are available at the following bicycle shops: Cool Breeze Cyclery, Mark's Bike Shop, Mole Hill Bikes.

Please indicate your vote below:

_____ I vote to amend the bylaws as proposed.

_____ I vote not to amend the bylaws as proposed.

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.

T-shirts. Marcia Lamphier has LOTS of SVBC t-shirts, both long and short sleeved.

EARTH DAY: Earth Day will be celebrated April 22, 1990 in Harrisonburg at Hillandale Park from 1 to 6pm. Thirty various local groups are already signed up to participate. Activities will include hiking, games, music, arts and crafts and absorbing information about group's issues.

The SVBC is of course going to be represented. We are signed up to have a "booth" and will be providing information (activities) to try to educate others on how bicycling is a fun way to enjoy the earth and help maintain the environment. Some thoughts I've had on what we can do are:

- Info. showing energy efficiency of bicycling.
- Info. showing how bicycling is beneficial to the environment.
- Maps, including commuting routes.
- Membership brochures.
- Pedal-to-electricity demo.
- Bicycle ride.
- Provide bicycle parking at festival.

By default I was elected chairperson of the SVBC's Earth Day activities. I need help! Anyone willing to help out in planning the above thoughts, "booth" material construction, manning the "booth" on April 22, or with ideas - please call me at 433-9247. We probably need to get together in Feb. sometime to begin active planning.

Art Fovargue

HELP WANTED: Immediate opening for someone to produce the club newsletter. No special skills required. If interested contact any of the officers listed in the front of the newsletter.

VOLUNTEERS NEEDED: Course marshalls needed for the 1990 Tour de Trump. Contact Marcia Lamphier at 432-0419 for futher information.

NOTE: To the members that have the wind trainers for sale: I lost the note with your info. Please get back in touch with me so I can get it in the next issue. Sorry about that.

Ted

President's Draft

I hope everyone had a very happy holiday season.

I apologize for the January/February newsletter being late. The holiday season always has its distractions and this year was no exception. Originally we did not intend to have a combined January/February newsletter but when we missed the January deadline, we decided to combine the two.

In this newsletter you will find a ballot for two votes. First is the Club Officers for 1990. The slate from the nominating committee was to reelect the incumbents. The slate was presented at the annual meeting in January and adopted.

The second vote on the ballot is to amend the bylaws with the policy requiring helmets be worn on all Club sponsored rides. I encourage you to vote for the amendment.

Art Fovargue is coordinating Club activities for Earth Day, April 22, 1990. This is going to be a VERY BIG event in Harrisonburg as many other clubs, organizations and government agencies are involved. ART AND YOUR CLUB NEEDS YOUR HELP!!! Please call Art and volunteer.

Chuck



One time I was riding my bike and I waved at my friend and ran into a tree.

Ryanne, age 8

Anyone can get hurt...

It's easy to crash on your bicycle. Each year, over half a million bicyclists visit the doctor when they do just that.

These injuries can happen anytime, anywhere. You may think your child is safe because he or she just rides around the neighborhood. Think again. Most serious bicycle crashes occur on quiet neighborhood streets. This is especially true for young children.

1990 RIDES (as of Jan 5, 1990)

- March 25 St. Patricks Day Ride and Pot Luck. (not sure about this date. ed.) Contact George Trimble for details.
- April 1 April Fools Road Rally. Contact Chuck Burley 433-8589.
- May 12-13 Massanutten Yee-Ha. Mark's Bike Shop 434-5151.
- May ?? Eleanor's Century. Eleanor Price 433-0539.
- June 9-10 Todd Lake Camp Ride and Tent Stuffing. Nancy and Dave Cary 289-9074.
- July 1 Reddish Knob Hill Climb Time Trial. Mark's Bike Shop 434-5151.
- July Pizza Hut Rides. Three consecutive weekends (not yet chosen).
- August 4-5 Massanutten Hoo-Ha. Mark's Bike Shop 434-5151.
- August 19 Serena and Scott's Ride and Pot Luck. Cool Breeze Cyclery 433-0323.
- September 9 SVBC Century. Art Fovargue 433-9247.
- If you would like to lead a club ride contact Dave Cary at 289-9074.

Club Meetings

Club meetings held at Valley Wellness Center in Harrisonburg (thru April) and will begin at 7 pm.

- February 12** JMU Criterium is the topic.
- March 12** Art Fovargue will have a presentation on energy expenditure and bicycling.
- April 9** To be announced (Marcia).

Rides Outside the Valley

The club receives a lot of mailings from other clubs, etc., and it is hard to get such information to all club members. By putting selected rides in the newsletter, some of this information can be shared with all of our members. If you are interested in further details, call Chuck Burley or whoever may be listed with a specific ride.

From the Charlottesville Bicycle Club Ride Calendar:

- 2/10 Batesville Loop. 19 or 27 miles. Meet in downtown Batesville. Park along street across from post office.
- 2/11 Glendower-Woodridge. 22 miles. Meet at the intersection of Rts. 20s and 713.
- 2/17 Walton School Loop. 21 miles. Meet at Walton Middle School on Rt. 708.
- 2/18 Flat Top Mountain. 18 miles. Meet at the intersection of Rts. 601 and 628 in Greene County.
- 2/24 Free Union Loop. 23 miles. Meet in the parking lot of Free Union School.
- 2/25 South Garden Out-and-Back. 25 to 30 miles. Meet in South Garden at the intersection of Rts. 633 and 712.

Note from Charlottesville Club Calendar:

All rides are mountain bike rides and start at 1:00pm unless otherwise noted. Please arrive and be ready to ride at the listed time. We will now be able to provide confirmation of cancellations on the phone message system (971-2821).



GEAR '90 Coastal Connecticut	
June 8-11, 1990, New London, Conn.	
I want to be at GEAR '90! Please send me registration materials.	
Name	If you need multiple registration forms for your club, please indicate the number here: _____
Address	
City, State, Zip	
Area Code & Home Phone Number	
Club Affiliation	Return to: GEAR '90 PO Box 514 East Lyme, CT 06333.
To register with your Visa/Mastercard or for more information call GEAR '90 toll free, 800-562-BIKE (in CT 800-462-BIKE).	