

MAY 1990

SHENANDOAH VALLEY BICYCLE CLUB

NEWSLETTER

Shenandoah Valley Bicycle Club Officers:

Jack Foster	President	828-4047
	Vice President	
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

Harrisonburg Cycling Classic:

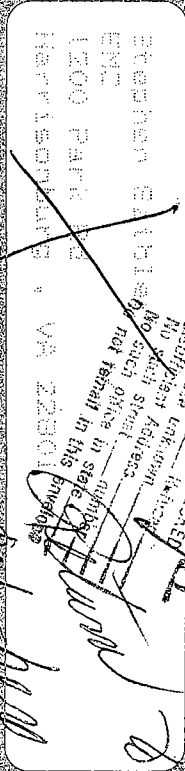
SNOW IN APRIL? A little late to be an April Fools joke, but in time to throw some obstacles into the path of the first running of the Harrisonburg Cycling Classic. The sponsors, who contributed 10,000\$ in cash and more in merchandise, were lined up, the USCF sanctioning obtained, the racers wooed, and the SVBC volunteers were ready. And suddenly, the SVBC found itself playing an even more important part in the race production.

Congratulations are in order for all those who participated in the shoveling, wiping, padding and drying of the streets, and particularly to Marcia Lamphier who kept the crews organized and cracking all day long.

The races themselves were exciting considering the high winds and cold weather. Local peddler and SVBC associate member Jody Hess hung in the with the winning break in the women's race and managed to pocket 25 dollars for a hard days work. The men's races were also exciting, punctuated with the occasional spill as the cyclists attempted to navigate the 160 degree turn at the war memorial and 90 degree turns on Water Street.



P.O. Box 1014
Harrisonburg, VA
22801



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

Marcia Lamphier & Art Fovargue opened the April meeting at 7:14 PM at the Valley Wellness Center. There were 10 members in attendance.

Anyone having maps of good routes should give them to Marcia for compilation into a SVBC map book.

Art gave a report on Earth Day planning.

Marcia extended thanks to those who helped out with the Harrisonburg Cycling Classic. Results are planned for a future newsletter.

Art reported that Tom Mayer has the SVBC officially adopting a two mile stretch of VA Rt. 753 just north of the city limits in VDOT's Adopt-a-Highway program.

Marcia reported \$973.48 in the treasury.

Art reported there are presently 24 active 1990 members.

The need to get the newsletter out sooner was discussed. Jodi Hess will be taking over the newsletter editor position and Ted Harris will still provide printing & mailing services.

A report on upcoming tours was given.

A portion of one of the Ring of Truth programs by Phillip Morrison was shown. The energy requirements and efficiencies in cycling were featured, using Tour de France racers as examples.

It was emphasized that SVBC time trial participants not park on Rt. 738 in the start/finish area of the TT course so as to minimize congestion.

Discussion ensued on whether the SVBC should purchase some helmets for use at rides for anyone who may show without one, the mechanics of implementing such a policy (brought by ride leader, loan out at bike shop, etc.) and whether helmets could be rented. A decision was tabled until more input is received.

The meeting dissolved around about 8:45.

TIME TRIALS - DRY RIVER ROAD

4/10 4/17 4/24

David Bashaw	28:41		
Bill DeBruin		26:30	23:47
Sue Ellett	34:02	34:08	28:40
Jack Foster *		32:56	25:36
David Frye		29:24	25:58
Ted Harris	25:47		
Jody Hess	28:03	31:08	
Mike Mayer	25:56		25:10
Tom Mayer	30:41		27:17
Bruce Sinclair	25:06	26:45*	22:16
Jim Walters	30:05		26:30
Al Clague			24:04
Mike Neupauer			26:56
Margaret Smith			26:56
George Trimble			25:39
Bill McDarrick			21:27
Steve Poulson			22:56
Brian Manning			23:28
Sue Arnold			25:49
Kevin Arnold			23:02
Steve Slaubaugh			23:45
Mike Downey			23:20
Ken Ball			22:08
Darren Reed			25:31
Gordon Stiel			24:41
Larry Grossman			26:54
Chandler Spears			22:46
Serena Benson			27:12

* Mountain Bike Cold, Cold, Hot & Still
* Flat Tire Windy Windy

1990 RIDES (as of April 26, 1990)

- 2nd Sunday each month 10am Mountain Bike rides leave from Jamesway parking lot in T.ville. Contact Ray Ritchie at 896-2913
- Mondays 6:00pm Ladies Only. A ride for just women every Monday at 6pm. Ride pace 13-16 and 10-25 miles. New riders welcome. Meet at Cool Breeze Cyclery.
- Tuesdays TIME TRIALS. Meet at the intersection of Rt 257 and 738. 10 mile loop. To begin at 6p.m. Please do NOT park in the intersection. Park in the side street next to the intersection or at the store about 1/4 mile down 257 on the left -- or better yet -- ride your bike to the time trials. A nominal fee of \$1.00 will be charged to non-members. Questions call Jack at 828-4047.
- May 12-13 Massanutten Yee-Ha. (MT Bike race) Mark's Bike Shop 434-5151
- May 20 Weyer's Cave Ride, call Brian Manning at 234-8422
- June 2-3 Todd Lake Camp Ride and Tent Stuffing. Contact Nancy and Dave Cary. 289-9074
- July 1 Reddish Knob Hill Climb Time Trial. Mark's Bike Shop 434-5151
- July 8 American Lung Association/Pizza Hut Ride. Harrisonburg.
- July 15 American Lung Association/Pizza Hut Ride. Waynesboro
- July 20 American Lung Association/Pizza Hut Ride. Staunton
- August 4-5 Massanutten Hoo-Ha. Mark's Bike Shop. 434-5151
- August 19 Serena & Scott's Ride and Pot Luck. Cool Breeze Cyclery. 433-0323
- September 9 SVBC Century. Art Fovargue 433-9247

Earth Day

Hopefully you were one of the more than 10000 people who enjoyed Earth Day on April 22 in Hillandale Park. It was a beautiful day and much was to be absorbed in meandering about from group to group. More than 40 bicyclists rode on the rides led by Scott Harlow and Marcia Lamphier from Rockingham Square at noon. Back at the SVBC booth in the park, things were kept hopping with the multitudinous cyclists who took advantage of the parking at our Bicycle Corral. Various area maps and other bicycling information were available for the many visiting our booth. Also, many cyclists and non-cyclists tried their hand (sorry, legs) at lighting the bank of headlamps put together by Tom Mayer with watts generated by cranking on Art Fovargue's commuting bike. Many thanks to those who staffed the SVBC booth: Jack & Kathy Foster, Dave Frye, Marcia, Karen Mason, Mike Neupauer, Barb Polin, and Rich Standage. Thanks also to Scott and Daniel for assisting with checking bikes into the corral at the most hectic time. Last but not least, an Earth Day appreciation to Cool Breeze for donating water bottles and patch kits to the first 150 cyclists in order to intice folks to bicycle and ease the auto crunch.

Art Fovargue

NEWSLETTER REQUEST: The Following issues of the SVBC newsletter are still missing from our library. If any members have any of these issues, and would be either willing to donate or loan (so I can copy), Please call me at 433-9247.

1985 Feb, March, April, May, July, Aug

1988 Dec

Classifieds:

If anyone has anything to sell, buy, or otherwise notify club members about, please submit info. to Jody Hess 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.

NOTICE:

Jody Hess, associate member has recently become the newsletter editor. All submissions could be sent to her by the 20th of each month.

Jody Hess
Rt. 1, Box 70
Linville, VA 22834
833-6300 (after the street lights come on!)

SVBC Meetings: BEGINNING IN MAY -- There will be a short ride prior to the business meetings. Ride: 6:15pm/Mtg 7:30pm (Have to get those miles in!)

SVBC Meeting Dates - Location & Topics TBA

May 14	Sept 10
June 11	Oct 8
July 9	Nov 12
Aug 13	Dec 10

Please call any officer listed on the front of the newsletter for more info.

SNOW IN APRIL CONTINUED FROM FRONT PAGE.

The men's one and two race was the most exciting of the day as an initial 12 man break managed to stay away for some time before a few riders started to bridge the gap between the groups. Primes kept the race fast, and the speeds the cyclists reached moving past the start/finish line rendered them nothing more than a flash and whirl. Eventually 19 riders managed to put themselves into a position for a final field sprint with \$900 offered to the first place finisher.

Jonas Carney, an 18 year old Olympic hopeful had the winning sprint. Not a surprising outcome as he was a back-to-back Junior champion as well.

Congratulations are also due to Casey Ford, the race organizer, as well as Mark's Bike Shop and other technical supporters of the race. Coors, Rockingham Mutual and 1st American Bank were the major corporate sponsors.

The downtown merchants, initially embittered toward the race, also appear to be coming around and may only need a little forewarning and positive energy to be won over next year.

And that is something the SVBC membership should be thinking about at some time during next winter. Ford is graduating from JMU and someone will have to pick up the mantle if this is going to become a Harrisonburg tradition. The excitement and spectacle of the race is good for cycling and good for the community. Let's do our part to keep it around.

by Steve Polson

Harrisonburg Cycling Classic - April 7, 1990

I would like to extend a very special thank you to all my course marshals. Everyone went above and beyond the call of duty. I had no idea when I asked for volunteers that I would be asking them to shovel snow, "squeegee" and blow dry the streets of Harrisonburg, or suffer varying degrees of sun/wind burn to their faces. We were praised by race officials, spectators, race participants, and even the Daily News Record for a job well done.

Again, thank for all your help with the race!!

Marcia

Mike Neupauer	Greg Smith	Brian Manning
Jack Foster	Steve Gardner	Peter Mullen
David Fryc	Mike Downey	George Trimble
Bruce Bowman	Randy Demke	Larry Kelly
Barb Polin	Kelley Barnard	Karen Mason
Janine Winegard	Dennis Kenney	Jerry Cooper
Ted Harris	Leah Dayrit	Jean Brunk
Sarah Lam	Steve Sherwood	Lisa Sticklely
Ron Turner	Winston Shifflett	
Massanutten Amateur Radio Club Members		