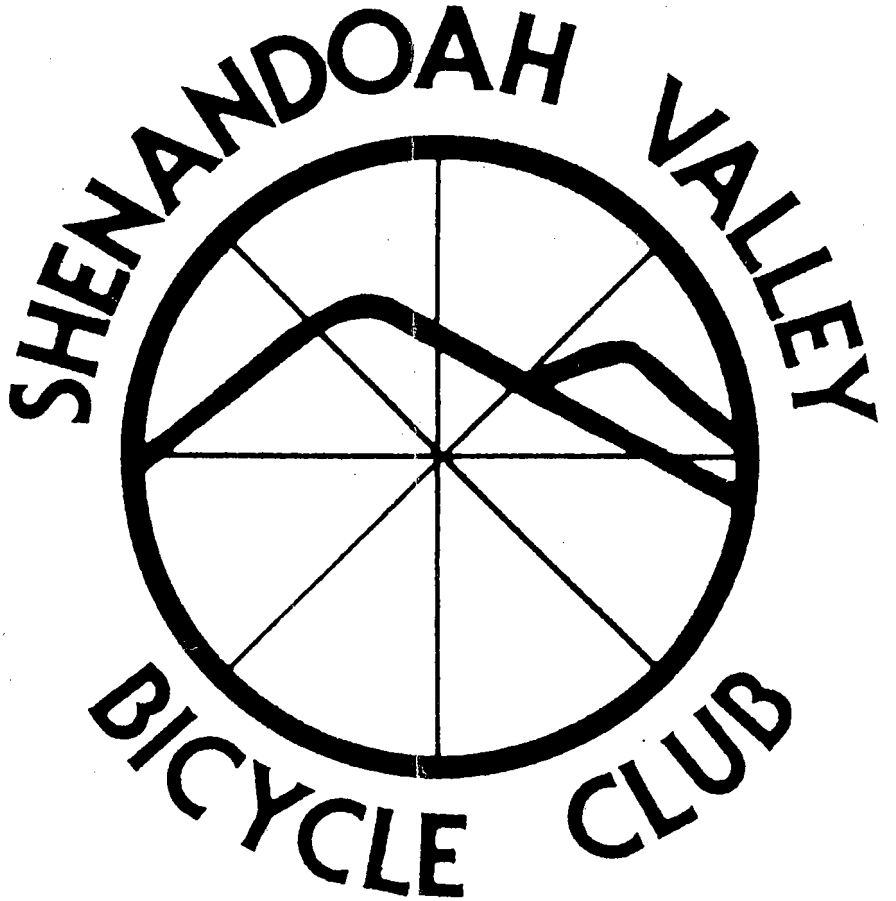
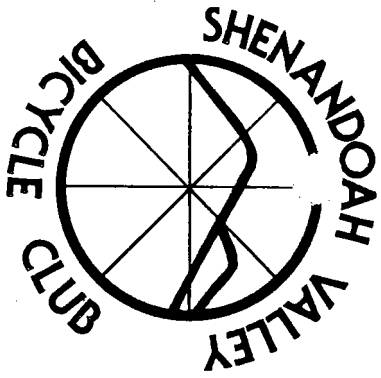


JUNE/JULY 1990



NEWSLETTER



P.O. Box 1014
Harrisonburg, VA
22801

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

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
Jodi Hess	Newsletter	

Inspiration vs. Rain

or

Battlecry of the Beleaguered Mountainbiker

It's another blustery rainy wet king of week-end. Par for the course at a lot of mountainbike events this spring. If it wasn't for the fact that rain makes such great mud it would almost put a damper on one's spirits. But not to be held back by the weather, our heroes showed up in number to slalom, race uphill, race in circles and even pull logs. Yee Ha!

And two weeks later they did it again at the first weekend of the Canaan Mountain Series. Rain n' Ride. It's got a nice ring to it. Kind of like Cash n' Carry. Something about the unstoppable nature of mountainbikes that never fails to inspire cyclists to find new limits of living and adventure.

That's the same driving force for most of our off-road component designers, guys not willing to stop at OK, or nice n' dry, or good enough. These American entrepreneur builders won't stop tinkering with a design til they've reached the best version of it they can possibly produce.

Yay for them. Yay for us. We don't need to be, and can't be stopped. No' by rain, not by land access dogheads, not by lack of will, 'cause we like wha we're doing, we know it promotes a healthful lifestyle, respecting the terrain we ride and the challenges it presents.

We know that daunting bureaucracy can be made to listen. Look at Romania, East German, Poland, the Baltic States. If they can get the entrenched government officials to respond to their gut-born desire for freedom, so can we mountainbikers.

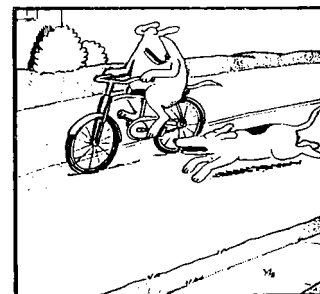
When they stood up to be counted and heard, when they refused to take repression lying down, when they decided to actively participate in the events governing their lives... they won.

And so will we. Perseverance is a natural ingredient to off-road cyclists. Rain, dull officialdom, product mediocrity won't be able to stop us once we decide we won't be stopped.

We at Mark's Bike Shop salute the integrity of spirit in todays mountainbiker. Long may we live. Yee Ha!

June Time Trial Results

	6/5	6/12	6/19		
Brian Klahn		29:23			
Jody Hensley*	26:37	25:53	28:04		
Sue Arnold	25:59	24:54			
Kevin Arnold	23:01	23:38			
Tom Mayer		27:31			
Kevin Rosenow		25:03			
Steve Gardner		24:30	25:56		
Brian Manning	24:08	23:26			
Garth Kunkle		22:20			
Al Clague	24:04	23:49	24:58		
Darren Reed	25:11	25:20			
Bill DeBruin	23:51	23:48			
Larry Grossman		27:31			
Jeff Pence		26:28			
Tim Walters	26:47	26:27	27:26		
David Frye	27:33	27:47	29:08		
Bruce Sinclair		21:14			
Jody Hess		26:23	27:02		
Colleen Doady	24:38				
Steve Hull	23:19				
Steve Slaubaugh	23:54				
M. Downey	23:28				
Darren Reed	25:11				
Mike Neupauer	24:38		25:57		
George Trimble*	26:13				
JOHN CALABRIA			27:18		
STEVE ZANETTI			23:54		



"Hey... Be cool, man, be cool."

May Time Trial Results

	5/1 cloudy, mod. wind	5/8 warm & windy	5/15	5/29 cold, rain
Sue Arnold	25:37	25:52	25:09	
Kevin Arnold	23:13	23:29	23:37	
Al Clague	23:53	24:01	23:45	25:03
Bill DeBruin		23:48	24:00	
Mike Downey	23:04	23:35		
Colleen Doady	25:56	25:26		
Dave Frye	25:53	27:19	25:53	
Jack Foster		25:39		
Shawn Galang	24:55		24:42	
Mike Mayer	27:03	23:42		
Tom Mayer	27:03	27:22	27:26	
Peter McKinley	25:43			
Bill McCarrick		21:20	20:40	
Brian Manning		24:10	24:11	
Mike Neupauer		26:19		
Steve Hull		24:32		
Darren Reed	25:53			26:37
Rudy Roggenkamp	38:12			
Sue Rippy	25:15			
Bruce Sinclair	23:21	22:48	22:01	23:19
George Trimble	25:10			
Tim Wolters		27:24	26:09	27:59
Les Welch	26:30	27:08		
Serena Benson		28:16	27:08	
Joe Hiney		24:34	23:19	23:31
Matt Bracken			23:12	
Steve Slaubaugh			23:55	
Jody Hess			25:46	
Bill Klahn			29:17	
Casy Ford			29:12	
Larry Nuckols			30:03	
Chad Robertson			24:11	
Lester Bowers			25:52	
Jeff Pence			25:45	
Jason Mitchell			26:54	
Kevin Rosenow				26:32
Darren Reed				26:37
Jody Hensley				27:39

1990 RIDES (as of June 18, 1990)

2nd Sunday each month 10 am mountain bike rides leave from Jamesway parking lot in Timberville. Contact Ray Ritchie at 896-2913.

Mondays 6:00p.m. There will be a ride just for women every monday at 6:00 pm. Ride pace will be 13 -16 mph and the distance will be 10 - 25 miles. New riders welcome. Meet at Cool Breeze Cyclery.

Tuesdays 10 6:00p.m. **Time Trials.** Meet at the intersection of route 257 and 738. mile loop. To begin at 6:00p.m.. Please do not park in the the intersection, please do 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

July 1 Reddish Knob Hill Climb Time Trial. Mark's Bike Shop 434-5151.

July 8 American Lung Association/Pizza Hut Ride. Harrisonburg.

July 9 **SVBC Monday Meeting.** Hill & Dale Park. Shelter #1 Short Ride at 6:30 p.m. Topic: "Favorite Recipes of Valley Cyclists" (i.e. Potluck!! Bring a favorite food, also, plates and forks etc.) See you there!!

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 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.

Shenandoah Bicycle Tours '90

Three free, fun rides, pizza, prizes

- July 8 Harrisonburg.** S. Main St. Pizza Hut
Prize donors: Cool Breeze Cyclery, 12 speed Diamond Back Curaca bike; AAA Rearview Bicycle Repair, complete bicycle overhaul
- July 15 Waynesboro.** Broad St. Pizza Hut
Prize donors: Cycle-Recycle, Mangusta 1000 Road Bike; Rockfish Gap Outfitters, two \$20 gift certificates
- July 22 Staunton.** Coalter St. Pizza Hut
Prize donor: Staunton Bicycle, Official Cycling Shorts

Rides are free, include 10-mile (begin at 1:30 p.m.) and 30-mile (begin at 1 p.m.) options. Pre-registration at participating bicycle shops is encouraged. Late registration begins at noon on the day of each ride. All ages invited. Youths 12' and under must be accompanied by an adult and those 17 and under must have signed permission. The first 100 registrants for each ride receive an event T-shirt. **Helmets are required for all rides** and are available at a 25 percent discount at participating shops.

Join us in Williamsburg!

The Colonial Virginia Bike Trek, Oct. 5-7, offers a luxury, 100-mile ride through some of America's most historic and beautiful countryside, while helping ALAV fight lung disease. Special incentives are available for Shenandoah cyclists from Cool Breeze Cyclery. **Call 703 434-LUNG for more details.**

Sponsored by:



AMERICAN LUNG ASSOCIATION OF VIRGINIA
Shenandoah Region
The Christmas Seal People

Classifieds:

If anyone has anything to sell, buy, or otherwise notify club members about, please submit info. to Jodi Hess before the 24th of each month in order to be included in the Classified section of the newsletter.

MEMBERSHIP: If you expected to receive this newsletter in the mail but didn't, perhaps it is because you forgot to renew your dues. Renew today while you are thinking of it, or bring your application to the next meeting. The SVBC membership now stands at 41. Instead of having all memberships expire at the same time in February, we are going to try a system where your membership expires one year from when dues are paid. Notification will be by an insert in the newsletter. This will eliminate our half year dues after August.

BIKE AID: On August 18 (tentative date), about 10 to 20 bicyclists riding for Bike Aid will be arriving in Harrisonburg on their cross country trip. They have obtained pledges to help raise money for the Overseas Development Network which helps fund self help projects in the U.S. and other countries. If you have any extra floor space, please consider giving one or two (or whatever) of these cyclists a place to stay for the night. It will be a great chance to meet some new people, hear some cross country bicycling tales and contribute in a small way to a worthwhile cause. Since the 18th is a Saturday, perhaps we can bike out to meet them. If you can help let me know.

Art Fovergue (433-9247)

SHENANDOAH VALLEY CENTURY: The Shenandoah Valley Century "Committee" got a start on planning this year's event (our 8th annual) on 6/18. The 25, 50, and 100 miles rides are planned for Sun., Sept. 9. Of course, we still need some more volunteers to help out ahead of time and the day of the ride (especially at the checkpoint). Our next meeting is Wed evening, July 11, at Marcia's house at 7:30 p.m. All are welcome. Call Marcia (432-0419) or Art (433-9247). If you can help but cannot make it on the 11th.

MS 150 - June 9 & 10. Charlottesville to Leesville Lake: The MS 150 was a great success. For some of us, however, it became the MS 170. Cycling from Charlottesville to Leesville Lake (near Roanoke) was wonderful. Over \$112,000 was raised for the MS Society. Much credit needs to be given to Eileen Trainum (1990 MS Tour Coordinator) for a job well done.

A special "thank you" to Cool Breeze Cyclery and their support sag (Scott, Dave Cary, and Mike "Neups" Neupauer). They were fantastic!

Approximately 360 bikers, including ten SVBC members, participated in this years MS 150. Charlottesville, Lynchburg, Winchester, Roanoke, and Harrisonburg were well represented.

Marcia