Shenandoah Valley Bicycle Club Officers:

Jack Foster  
President  
828-4047

Art Fovargue  
Secretary  
433-9247

Marcia Lamphier  
Treasurer  
432-0419

Dave Cary  
Touring  
269-9074

Marcia Lamphier  
Publicity  
432-0419

Jack Foster  
Racing  
828-4047

Jodi Hess  
Newsletter

MINUTES - July 9, 1990  SVBC meeting

Jack Foster, President, opened the meeting at shelter #1, Hill and Dale Park, at 8:04 PM after a short ride and a delicious pot luck dinner. Thirteen members were in attendance.

Jack discussed the upcoming trash pickup on the SVBC adopted highway schedules for July 14. Also discussed was the highly successful American Lung Association - Pizza Hut Ride held yesterday with 171 bicyclists in attendance.

Art Fovargue mentioned 19 riders on the bike-aid cross country tour will be passing through Harrisonburg Aug. 18 and are in need of places to stay.

Scott Harlow suggested that occasionally we should bring in speakers from out of town and give them an honorarium. The group's consensus was that this was a good idea.

Marcia Lamphier reported $1097.34 in the treasury.

Jack reminded everyone that a vice-presidential opening on the SVBC executive board still exists; a golden opportunity for those of you desiring a political future.

Art reported that the active memberships stands at 55.

Tom Mayer discussed the latest happenings on the VDOT Bicycle Advisory Committee:

- There is some possibility legislation may be introduced requiring a permit be required for certain size groups of bicyclists.
- Tom is on a subcommittee working on a VDOT racing policy.
- Ellen Parnham of Richmond is trying to renew the Virginia Bicycling Federation.

Jack closed the meeting at 8:45.
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.

SHENANDOAH VALLEY CENTURY:

As noted elsewhere, our eighth annual Shenandoah Valley Century is scheduled for Sunday, Sept 9. Rides of 25, 50 or 100 miles will leave Westover Park with checkpoint in Bridgewater. Last year we had 160 plus riders; tell all your friends so we can top that figure this time. A pre-registration form will be included in next month's newsletter, or pick up at area bicycle shops.

Assistance is still needed for pre ride publicity and century day activities (sag, registration, checkpoint service, checkout).

If you can help out even for a few hours please let me know, it is greatly appreciated. Our next planning meeting is Aug 1 at 7:00 pm at Shelt. #5 in Westover Park. If this newsletter isn't out in time, call me for the next one.

Art (433-9247)

BIKE AID: Summer Supper - Pot Luck for group of bicyclists from Bike Aid. This group of 19 will be passing through Harrisonburg on their way from San Francisco to Washington D.C. They are riding to raise awareness and generate support for community based solutions to global poverty. Host families/persons needed for night of August 18. Picnic supper is August 18, 5:00-7:00 PM, Purcell Park, Shelter 3. Call Art at 433-9247 or Common Ground at 433-8212.

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 55. 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 (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 Fervogue (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.

ADOPT-A-HIGHWAY: Aug. 25 8 am Donnelley Parking Lot (Kratzer Road) more details: Marcia - 432-0419 or Art - 433-9247 Brunch at Scott & Serena's afterwards.

AUGUST BIKE CLUB MEETING: Aug. 13, 1990

Hillandale Park Shelter #1
6:30 Ride
7:30 Meeting

TOPIC: Mike "Neups" Neupauer will be presenting bike touring - short adventures to cross country tours.

ADOPT-A-HIGHWAY

Saturday, July 14th in the foggy mist of a rainy morning, five dedicated SVBC members meet at the Donnelley Plant parking lot to clean "our" highway. Scott, Jack, "Neups", Art, and Marcia spend two hours picking up trash. Realizing that we needed many more helping hands, we decided to only clean a short section of highway from the city limits to Donnelley.

The SVBC section of highway is 2.07 miles on Kratzer Road (753 to 838 Intersection). The Department of Transportation provides trash bags, safety vests, and trash pick-up.

We collected 8 bags of trash (4 recycle and 4 regular trash). Scott got the award for the "luckiest" find - $5.$ The rest of us attempted to find the most "grosy" trash. We identified flowers, insects, and road kill. A fun time was had by all.

Coffee, bagels, and muffins were a welcomed treat at Scott and Serena's afterwards. Thanks a bunch Scott!!

***Mark your calendars---AUGUST 25 8 A.M. Donnelley Parking Lot (Kratzer Road)***

*BE THERE!!*(P.S. Bring gloves.)*

"Brunch at Scott & Serena's afterwards. Bring goodies to share."
### RACE/ Time Trial Results

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### 1990 RIDES (as of Aug. 1, 1990)

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

- **Mondays:**
  - Women’s ride every Monday at 6:00 p.m. Ride pace will be 12-16 mph and the distance will be 10-25 miles. New riders welcome. Meet at Cool Breeze Cyclery.

- **Tuesdays 10 6:00 p.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 intersection, park 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.

- **August 4-5:** Massanutten Hoo-Ha. Mark's Bike Shop 434-5151.

- **August 19:**

- **August 26:**
  - Reddish Knob Hill Climb 8 a.m.
  - Kiefer Elementary in Harrisonburg.
  - 50 miles at your own pace. Sardines on the way up and fine eats at Hamburger Haven on the way down. Will the audio or visual work? Hilly!!
  - Art Fovargue 433-9247

- **September 3:**
  - Workers Century Marcia Lamphier 432-0419

- **September 9:**
  - SVBC Century. 25, 50 or 100 miles
  - $5 pre-registration or $7 at time of ride.
  - Marcia (432-0419) or Art (433-9247)

  If you would like to lead a club ride contact Dave Cary at 289-9074.

### OUT OF TOWN RIDES

- **SEPT. 8:**
  - MS Bike Tour 25, 50, 75 mile loops Winchester, VA.
  - 1-800-451-0373.

- **SEPT. 15:**
  - Surry Century Rides, Peninsula Bicycling Assoc., P.O. Box 5639 Parkview Station, NewPort News, VA 23605.

- **SEPT. 16:**
  - 1990 Booth's Escape Century. Oxon Hill Bicycles and Trail Club, Inc, P.O. Box 81, Oxon Hill MD 20745
  - or Ed Mallon (301) 868-4933.