


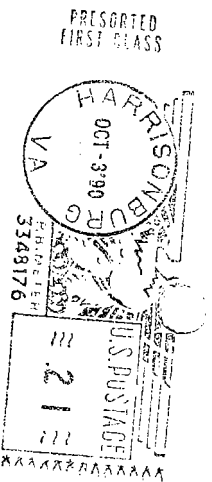
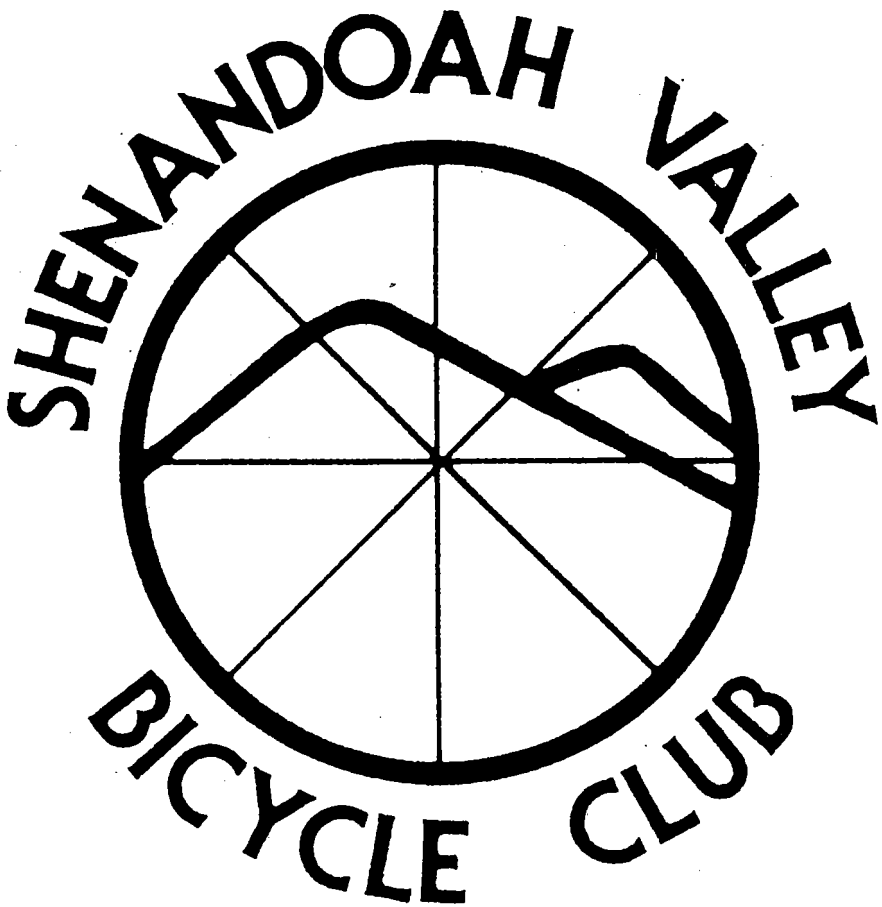
OCTOBER 1990



P.O. Box 1014  
Harrisonburg, VA  
22801

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Art & Kathy Fovargue  
210 Monument Avenue  
Harrisonburg, VA 22801



NEWSLETTER

Mark's Bike Shop and Cool Breeze Cyclery 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	

## MINUTES - Sept. Membership Meeting

Mon, Sept. 10

Jack Foster opened the meeting about 7:30 pm at the Valley Wellness Center. Eight were in attendance. Coffee and leftover baked goods (from the Century) were available for consumption (and were.)

Art Fovargue gave a preliminary report on the century held the day before.

Marcia Lamphier reported on the condition of the Treasury, "It's fine," to the tune of about \$648.

Art sought an alternate to attend the VDOT Bicycle Advisory Committee Meeting in Arlington for 9/13 (unsuccessfully) Discussion continued on cycling conditions in the area and potential rails-to-trails. Ray Ritchie mentioned an ordinance in Blacksburg where a 20ft wide hiking/biking path is required for new developments.

Time trials will start at 6 p.m.

Ray reported the the 2nd Sunday-of-the-month ride in Timberville in October will be the last for the year.

Marcia reported that the Valley Wellness Center Triathlon on Sept. 29 will start about 7 a.m.

Marcia next reported on the meeting she attended Sept 5 regarding amateur athletics in the area held by Sports Medicine. The thoughts are that it would be good to design a local directory of athletic groups.

The meeting closed about 9:00 p.m.

## PEDAL FOR POWER Leaves Portland, Maine, With Largest Group Ever!


The 1990 PEDAL FOR POWER North-South ride will ride from Portland, Maine, to Orlando, Florida, with more than 70 riders. Like the 1990 Across America ride, the North-South has grown significantly since the first ride in 1989. Each ride is expected to grow to more than 100 riders in 1991.

The 1991 Across America ride will leave Los Angeles on May 11 and arrive in Boston on June 27, 1991. The time to register for the ride of your life is now! Call PEDAL FOR POWER at (800) 762-BIKE or write PEDAL FOR POWER, P.O. Box 898-LV, Atkinson, NH 03811.

All clubs are invited to participate. Clubs can receive \$100 for each club member who successfully completes PEDAL FOR POWER. Special thanks goes to the Los Angeles Wheelmen for their help in getting the event started; the Kaw Valley Touring Club for their ice cream social; the Stark County Bicycle Club for their wonderful noonday lunch (editor's note: especially the homemade chocolate cake); the Charles River Wheelmen for guiding PEDAL FOR POWER through its final day, along with the Boston Area Bicycle Coalition and Granite State Wheelmen for providing superb hospitality in the Boston area.


—Dave Egan

FOURTH ANNUAL  
BICYCLING ADVENTURE




Join us for a five day fun ride through the scenic Shenandoah Valley and the Blue Ridge Mountains. ♦ Ride 50 miles a day, with an optional Century on one day ♦ \$95 per person price includes campsites, gear transport, sag wagons, rest stops, maps, music, guides, water bottle and t-shirt ♦ Motel accommodations available  
♦ Call (804) 253-2985, or write to Bike Virginia/P.O. Box 203/Dept 4/ Williamsburg, VA 23187 ♦ A portion of each entry fee supports the Virginia United Way ♦

**June 21-26, 1991**



**Bike Virginia**

Sponsored by: INVESTORS SAVINGS BANK 

SEND MORE INFO TO:

Name: \_\_\_\_\_

Address: \_\_\_\_\_



# Time Trial Results

	9/4	9/18
Al Clague	23:21	
Mitchell Slaymaker	24:40	
Richard Spitzer	23:44	
Scott Cleal	24:14	
Kevin Arnold	22:51	23:17
Sue Arnold	25:00	
Gene Miller	25:59	26:21
Larry Byslick	20:57	
Mark Devlin	24:48	
Dwight Dellinger	23:36	
Tim Wolters	26:15	
J.T. Gier	22:40	
Mike Downey	23:35	
John Myrtle	23:19	
Adam Gutterman	28:05	
Matt Bracken	24:16	
David Frye		26:02
*Tim Linehan		23:47
Gordon Steil		25:59
Joe Gibson		25:46
Rich Spencer		24:04

# 1990 RIDES (as of Sept. 27, 1990)

2nd Sunday  
October 14th 10am Mountain Bike rides leave from Jamesway parking lot in T'ville. *Last one for the year.* Contact: Ray Ritchie 896-2913

Mondays Ladies Only. A ride for 1st just women every Monday at 6pm. Ride pace 13-16 mph and 10-25 miles. New riders welcome. *For October 1st meet at Wellness Center at 5:30. Next week, October 8th Meet at Cool Breeze at 6p.m.*

Tuesdays TIME TRIALS. Meet at the 6:00 pm 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.

Oct 8 Meeting Valley Wellness Center 7:30 p.m. Classroom A Topic: Fall Foliage Touring, also: a short video on Mt. Biking featuring our own Ray Ritchie!

Oct 13 NO QUICHE -- 100 miles, 2 mountains, hilly ride on Skyline Drive. 7:30a.m. Not for the faint hearted. Contact Tom Harbeck 433-8091.

Nov 12th Meeting Valley Wellness Center 7:30 p.m. Classroom A Topic: Winter Biking Techniques: Come hear how to ride in the cold and wet conditions that are soon to be upon us.

## OUT OF TOWN RIDES

Oct 6 Hunt Valley Hundred - Baltimore Bicycle Club, Merle Kaplan (301)792-8308.

Oct 13 Seagull Century - Salisbury State Bicycle Club Joe Gilbvert (301)543-6012 (Wk)

Oct 19-21 Frederick Fall Foliage Frolic Potomac Pedalers - Eric Nielsen, 317 Hillmoor Drive, Silver Springs, MD 20901

# 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.

## EIGHTH ANNUAL CENTURY

Thanks to all the SVBC members who donated baked goods for the Century - they were graciously devoured by our 126 riders this year. The weather conditions could have hardly been more ideal, cool and mostly overcast, although the threat of rain probably kept many riders away.

A number of firsts or bests were accomplished:

- Two people with last names that started with Z.
- Eight-five preregistrants
- Three "fastest" records
- Quarter Century: Brian Manning in 1:29
- Half Century: Dave Sprinkel in 2:35
- Century: Barbara Minor (Lynchburg) in 6:22
- No YellowJackets at Westover (to bad same couldn't be said for the checkpoint)
- The youngest rider to complete the Century, Ben Wyrick, age 13, of Bridgewater.
- The first past SVBC predisent to return from out of town: Mike Kase, Indiana.
- More (twice as many) riders from Lynchburg than Charlottesville.

About 8500 miles were pedaled amongst the quarter, half, and

fifty-two the full century. The riders who are male increased to 79%, continuing the trend since the first SVBC in which the male accounted for 60%. One fourth of the riders were SVBC members.

In spite of not riding even the Worker's Century this year, I believe I had the most fun simply due to all the great help received before and during the day of the ride. Thanks many times over to all. And lastly, many thanks to our perennial poster printer L.B. Branner for his generosity, and the Mr. J's Bagels and Deli for giving us a 2 for 1 deal on all those delicious bage! These folks support cycling in the Valley, we should support them.

Art Fovargue

Shenandoah Valley Bicycle Club		Membership Phone Number List
Last Name	First Name	Phone
Arehart	Ron & Catherine	(703) 828-3688
Benson	Scott Harlow & Berena	(703) 433-0323
Beverly	Brad	(703) 433-4992
Bowman	Bruce	(703) 249-3748
Branner	L.B. & Ibby	(703) 896-8947
Burley	Chuck & Linda	(703) 433-8589
Burtner	Ginny	(703) 269-4205
Cary	Dave & Nancy	(703) 289-9074
Clague	Allen & Sue	(703) 433-3241
Cook	Virgil & Patricia	(703) 298-2007
Cowell	Jim	(703) 261-6684
Denke	Randy	(703) 434-9701
Denlinger	Dwight	(703) 828-2384
Devlin	Mark	(703) 433-6997
Drake	Bradley	(703) 743-7794
Edwards	Bernard	(703) 234-8052
Foster	Jack	(703) 828-4047
Fovargue	Art & Kathy	(703) 433-9247
Frye	David	(703) 433-1800
Gier	Sue	(703) 833-6800
Harbeck	Tom & Julia	(702) 433-8091
rd	M Siegel/A	(804) 823-5693
nsley	Mr Jody F.	(703) 289-5591
Hertzler	Issac & Wilma	(703) 879-9535
Hill	Frank	(703) 289-6704
Kelly	Larry	(703) 289-6346
Koontz	Ken	(703) 743-6342
Kurtz	Kristin	(703) 564-1120
Lamphier	Marcia	(703) 432-0419
Lane	Doug	(703) 885-8681
Layman	Gene & Kevin	(703) 433-2340
Lovegrove	Susan Gabler/David	(703) 899-9504
Manning	Brian	(703) 234-8422
May	Patricia	(703) 568-1413
Mayer	Tom, Carol & Michael	(703) 289-9496
Miller	Gene	(703) 828-6152
Miller	Mary and Ted	(703) 459-3439
Miller	Timothy	(703) 833-6814
Neupauer	Michael	(703) 434-1878
Nissley	Mark	(703) 434-5151
Nolt	Grace L.	(703) 432-6606
Poe	Bobby	(703) 459-4846
Polin	Barbara	(703) 289-5964
Printy	Jim & Vicki	(703) 885-6838
Randall-Bodman	David	(703) 289-6092
Reed	Darren	(703) 350-2762
Ritchie	Don & Debbie	(703) 298-1129
Rosenow	Kevin	(703) 896-1382
Scott	Charles	(703) 434-5824
Sherwood	Steve	(703) 432-0321
Slaubaugh	Steve	(703) 433-8683
Slaubaugh	Terry & Vicky	(703) 828-2924
Smith	Margaret	(703) 434-4125
Sprinkel	David L.	(703) 434-1093
Standage	Richard	(703) 434-2087
Stipic	Joe	(703) 249-5156
Swecker	Randy	(703) 433-1582
chacek Jr	William & et al	(703) 433-2013
umbo	Norvell	(703) 896-2022
Wenger	Mike	(703) 564-0723
Wenger	Wade L.	(703) 434-6856
Wettstone	Dick and Lois	(703) 433-4884
Whitten	Larry & Kathy	(703) 433-3463
Wilfong	Belinda	(703) 432-6962
Wilson	Beverly	(703) 434-3413
Walters	Timothy	(703) 885-6731
Wright	Wiatt	(703) 896-1278
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