March 11 - 7pm VALLEY WELLNESS CENTER.
Martha Edwards will give a slide presentation on the Fourth Annual Bike Virginia. This Year Bike Virginia is called the “Shenandoah Valley Odyssey” as the route travels from Lexington to Berryville. Overnight stops are in Staunton, Bridgewater, Woodstock & Winchester. The tour starts Friday June 21st. Whether you plan to ride or not, don't miss this meeting, it will be both informative and entertaining.

CYCLING CALENDAR

The following events are planned and so mark your new 1991 calendars:

April 20 - HARRISONBURG CYCLING CLASSIC
Downtown Harrisonburg Criterium.
(NO SNOW THIS YEAR!)

April 21 EARTH DAY '91
Rides and Displays

May 5 CLEAN AIR CHALLENGE -
Kick off Clean Air Week - Rides of 8, 25, 62 miles, hikes, food. Hosted by Massanutten Resort. Environmental Watchdog and other volunteers needed - call Rita or Rose 434-5804

May 9-10 TOUR DU PONT (Tour de Trump reincarnated).
Professional Stage Race.
Will likely pass through Rockingham Co. (if not Harrisonburg itself).

June 7-10 GEAR '91 Williamsburg, VA. LAW Rally.
Multitudinous tours of all lengths, workshops.

June 18-23 U.S. BICYCLING CLASSIC AMATEUR STAGE RACE,
Wheeling to Charleston, WV with stage finishes in Canaan Valley and Snowshoe.

June 21-26 BIKE VIRGINIA - 5 day tour down the Shenandoah Valley.

Sept 8 (or so) 9TH ANNUAL SHENANDOAH VALLEY CENTURY

Oct 11-13 Colonial Virginia Trek, ALAV, Williamsburg, VA
MAILBAG

The SVBC gets much information on tours, workshops, etc. via the postal service. The senders of this information desire wide coverage and so we'll list some of the most recent. If you are interested further, either Jack Foster or Art Fovargue has further details - so call them.

THIRD ANNUAL BIATHLUNG  4/20/91
ALAV  804-846-1829 or 1-800-345-LUNG, Campbell Co, VA

Pedal for Power, League of American Wheelmen, 5/11-6/27
L.A. to Boston; 9/21-10/12 Portland, Maine to Orlando, FL.

1991 LAW National Rally and Probike North West 91, 7/3-7/7
Olympia, WA

California North Tour  4/27/5/1
  Sponsored by the Sacramento BRR. Sacramento to San Francisco.

Progressive Travels 1991 Tour Catalog
  Luxury cycling and walking tours, domestic & European

Baumeler Europe 1991
  Biking and Hiking catalog

Ride around Wyoming  6/8-6/14

Bike Virginia 6/21-6/21

Mountain River Tours (rafting) Hico, WV

Our club is an affiliate of the
League of American Wheelmen
Affiliation with the League means:
Q Special publications
Q Free club event advertising
Q BICYCLE USA magazine
Q Advocacy in Washington and the state capital,
Q Support for our local advocacy efforts
Q Low cost club insurance
The club encourages all members to join the League, band together with bicyclists around the nation and add to our treasury...

League of American Wheelmen
6707 Whistable Road
Suite 209C1
Baltimore, MD 21207-4106
(301)944-3399
FIG. 1

Referring to Fig. 1, a somewhat circular cavity 2 is formed peripherally and bell-mouthed. The cavity side walls and the side of said channel being substantially straight at the sides of said channel, the cavity is suited for the purpose of receiving a suitable cavity property located to allow comfortable clearance for the operation of said organs of the male, said cavity having also a channel adapted to allow comfortable clearance for the operation of said organs of the female.

If it is a primary object of my invention to provide a bicycle seat, the sides of said channel being substantially straight at the sides of said channel, the cavity is suited for the purpose of receiving a suitable cavity property located to allow comfortable clearance for the operation of said organs of the female, said cavity having also a channel adapted to allow comfortable clearance for the operation of said organs of the male. Such bell-mouthed formation is particularly useful in the case of the male rider during the riding act and also during the mounting or dismounting acts.

Such bell-mouthed formation is particularly useful in the case of the male rider during the riding act and also during the mounting or dismounting acts.

Such bell-mouthed formation is particularly useful in the case of the male rider during the riding act and also during the mounting or dismounting acts.
SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s) ____________________________________________ Phone ________________________

Address _____________________________________________ City ____________________________

State __________ Zip __________

Check type of membership desired:

INDIVIDUAL __ (I)  FAMILY __ (F)  JUNIOR (12-16 Yrs.) __ (J)

NOTE: Membership begins in March of this year, and ends until next March.

PLEASE INDICATE YOUR INTERESTS BELOW

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<th>RIDE CLASS DESIGNATION</th>
<th>APPR. SPEED (MPH)</th>
<th>APPR. DISTANCE (MILES)</th>
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INDICATE TYPE(S) OF CYCLING IN WHICH YOU ARE INTERESTED

___ Racing  ___ Off-Road  ___ Recreational  ___ Overnight Tours  ___ Other (specify)

WOULD YOU BE INTERESTED IN SERVING ON ANY OF THE FOLLOWING COMMITTEES?

___ Racing  ___ Touring  ___ Program  ___ Safety  ___ Century

SHENANDOAH VALLEY BICYCLE CLUB RELEASE

All club members must sign the release below. For persons under the age of 18, the parent or guardian must sign. Any person riding on an invitation status at

___ Racing  ___ Off-Road  ___ Recreational  ___ Overnight Tours  ___ Other (specify)

would agree to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and practice courtesy and safety in cycling.

signature of Club member or applicant ______________________ date ______________________

signature of parent or guardian of member under 18 ______________________

RETURN TO: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22801

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