

JUNE

Officers

President	Jack Foster	828-4047
V-President	Mike Neupauer	434-1878
Treasurer	Marcia Lamphier	432-0419
Secretary	Art Fovargue	433-9247

Racing
Touring

Jack Foster
Mike Neupauer

Adopt-A-Highway

June 12 & June 19

6P.M. Donnelly Parking Lot

We need helping hands. The SVBC's 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.

Please be there to help. Bring gloves. Marcia (432-0419) or Art (433-9247).

May Meeting Minutes (MMM)

Preceding the meeting Jack, Marcia & Art went for a pleasant 12 mile ride in spite of the threatening weather. If you were thinking of coming but were afraid of rain, you blew it. Come next time.

The meeting was officially opened for business by president Jack Foster at 7:00 pm, Monday, May 13, 1991 at Shelter #1 in Hill-an-dale Park. Jack reviewed the returned "ride interest surveys"

As Mike Neupauer came to the meeting, Art Fovargue made a motion that Neups become touring chairman. After a second by Neups and no discussion, he was unanimously voted in by voice vote. Discussions then centered about rides for the summer Neups will put together a calendar for the newsletter.

Marcia Lamphier selected dates for the next Adopt-A-Hiway clean up outing (check calendar in newsletter for times: are you out there TOM?) Marcia reported the treasury is fine with something like \$858.37.

The upcoming Tour DuPont, the previous weeks Clean Air Challenge, Bike Virginia and various other events were discussed. Ed Strother was acclaimed for raising the most pledges for the Clean Air Challenge.

There being no more business, Jack closed the meeting shortly after the lights came on in the shelter.

Attendance: 5 members

RIDE CALENDAR - JUNE INTO JULY

JUNE 2	MS RIDE 2pm - Keister ELEMENTARY SCHOOL, 10 MILES, EASY PACE, Led By ART CALL 433-9247	3	6pm - Women's RIDE, COOL BREEZE CYCLERY	4	5:45pm - Time TRIALS	5	6	7	8
9	MS RIDE 2pm - Keister ELEMENTARY SCHOOL, 10 MILES, EASY PACE, Led By ART CALL 433-9247	10	6pm - Women's Ride 6pm - Pre-Meeting RIDE, HINSDALE PARK 7pm - MEETING!	11	5:45pm - Time TRIALS	12	13	14	15
16	RETURN FROM TODD LAKE	17	6pm - Women's RIDE COOL BREEZE CYCLERY	18	5:45pm - Time TRIALS	19	20	21	22
23	BIKE VIRGINIA REST STOP - TODD LAKE VOLUNTEER!	24	6pm - Women's RIDE COOL BREEZE CYCLERY	25	5:45pm - Time TRIALS	26	27	28	29
30	MARCEIA'S RIDE - CALL FOR DETAILS 432-0419	JULY 1	6pm - Women's RIDE COOL BREEZE CYCLERY	2	5:45pm - Time TRIALS	3	4	5	6
7	REDDISH KNOB HALL CLIMB - TIME TRIAL	8	6pm - Women's RIDE 6pm - Pre-Meeting RIDE, HINSDALE 7pm - MEETING!	9	5:45pm - Time TRIALS	10	11	12	13

* HELMETS ARE REQUIRED FOR ALL CLUB RIDES.
 SUBMIT YOUR BEST ROUTES FOR A ROUTE DIRECTORY.
 UPCOMING RIDES - ICE CREAM RIDE / ART'S REDDISH KNOB RIDE / AUGUST 10-11,
 ASSA NUTTEN HOO-HA / SEPTEMBER 1 WORKERS' CENTURY / SEPTEMBER 8,
 SVBC CENTURY / SEPTEMBER 15, VAUGHN WELNESS CENTER TRI-ATHALON

CLEAN AIR CHALLENGE UP-HILL TIME TRIAL

Dave Sprinkel 13:55
 Gene Miller 14:50
 Art Fovargue 17:44

Beginners Ride

As noted elsewhere in this newsletter, there will be a slow paced ride leaving from Keister Elementary school on Sunday, June 9 at 2 p.m. This will be short, about 10 miles, D paced - for the beginning rider or family. I am not an instructor, but before we start riding I will try to answer any questions on riding technique, rules of the road, safety, mechanics, etc. Bring friends. Helmets required.

Art Fovargue
 433-9247

Again this summer, a group of bicyclists will be passing through Harrisonburg on their cross country trek called Bike Aid to raise money for the Overseas Development Network. Last year a number of us put up one or two cyclists for the night after a pot luck picnic. It was a rewarding experience. We'll probably do it similarly this year and homes are needed for them to stay at. They'll arrive Sat, Aug 17. Call Art Fovargue or Pete Mahoney () if you can help. More details to follow. Anyone want to lead a ride to head out to greet them?

BIKE AID

	Time Trial			
	4/30	5/7	5/14	5/21
Neups Neupauer	25:36			24:59
Jody Hess	28:36	28:34	27:20	27:53
Craig Lowry	24:18	24:22		
Jody Hensly*	24:30	24:32		
Steve Hull		26:26		
Shawn Galaney		25:59	23:49	23:59
Bill Bender		22:18	21:53	
Ted Harris		29:00		
Joe Gibson		24:41	23:48	24:30
Matt Bracken		24:38		
Gene Miller			26:20	
David Frye			26:49	27:11
Suzie Trubitz			30:11	
Mark Trubitz			27:27	27:49
Stewart Shaffer#			27:33#	
Deb Rigby			26:32	
Garth Kunkle			23:30	23:04
Les Welch			26:33	27:27
Serena Benson			29:47	
Sue Rippy			26:00	25:44
Sue Arnold				25:57
Kevin Arnold				23:04
Mike Downey				25:07
Joe Hiney%				24:08
Al Clague				24:44
Chris Ward				22:50
John Bower				22:52
Mike Auger				22:13
Ron Shenk				27:40
Greg Gum				26:11

- * = Mountain Bike
- # = Lost on Course, Boldly gone where no time trialist has gone before.....
- % = Track bike, fixed gear

BIKE VIRGINIA

P.S. The SVBC will be selling baked goods, snacks, drinks, etc. We need goodies. Contact Marcia (432-0419).

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s) _____ Phone _____

Address _____
street city state zip

Check type of membership desired:

INDIVIDUAL (\$7) FAMILY (\$10) JUNIOR (12-16 Yrs.) (\$4)

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

PLEASE INDICATE YOUR INTERESTS BELOW

RIDE CLASS DESIGNATION	APPROX. SPEED (MPH)	APPROX. DISTANCE (MILES)	CHECK HERE
A	14-22	25-100	_____
B	12-16	15-60	_____
C	8-12	10-35	_____
D	less than 10	5-15	_____

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 invitational status must furnish a release. This signed release will remain in effect as long as the Club is officially active.

In signing this release for myself, or for the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, and the members, also any others connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience suffered. I understand that the Club is not responsible for and is not an insurer of my personal safety. I also hereby consent 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

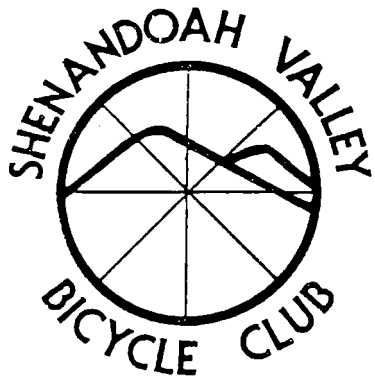
 date

 signature of parent or guardian of member under 18

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

If this box is checked, your dues expire this month

If this box is checked, your dues have expired, and this is your last newsletter



P.O. Box 1014
 Harrisonburg, VA
 22801

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