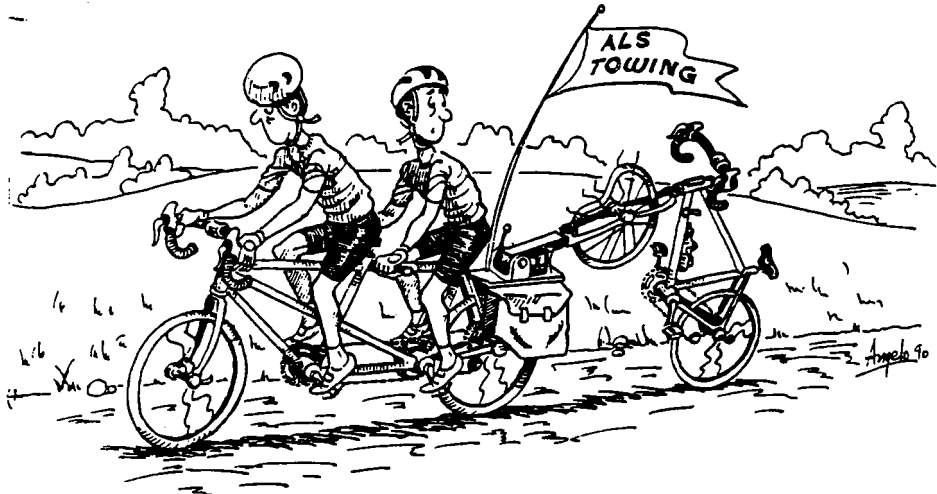


July

Beginners ride Sunday, July 14 9:00 a.m. Meet at Westover Park, Harrisonbur (large parking lot by pool). This will be a "D" paced ride (8-10 mph) for the beginner or otherwise not-so-fast rider. We'll ride about 10 miles - no one will be left behind. RIDE LEADER: Art Fovargue (433-9247)



For more information on bicycling, contact:
The League of American Wheelmen
6707 Whitestone Road, Suite 209, Baltimore, MD 21207-4106

BIKE AID

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?

Adopt-A-Highway Report:

Thanks trash collectors!! Your help was greatly appreciated.

David Frye	Art Fovargue
Larry Grossman	Jack Foster
"Neups" Neupauer	Marcia Lamphier
Frank Hill	

June 12 - one mile section completed - 11 bags of trash collected.

June 19 - mile two section completed - 11 bags of trash collected.

Valley Wellness Center 2nd Annual Triathlon. Sunday, September 15. Volunteers are needed. Volunteers will receive a t-shirt and are welcome to free refreshments afterwards. Let's show our support. Contact Marcia (432-0419) or Deb Rigby (434-6224).

JUNE Meeting Minutes

Prior to the meeting, five of us (Marcia, Frank, Greg, Michelle, and Art) went on a fun 11 mile spin through Dayton and Belmont Estates.

At some time after 7:00 PM (Shelter #1, Hillandale Park, June 10, 1991) during various discussions, it was assumed that the meeting was officially open: Jack Foster presiding.

Marcia Lamphier told about plans for the "Bike Virginia" snack stop planned for Todd Lake on June 23. After making her monthly request for volunteers, Marcia educated us on the latest study of optimized banana consumption.

Neups recounted his adventures at the latest GEAR (Great Eastern Rally) in Williamsburg on June 7-9.

Marcia AGAIN called for volunteers to help with the Refuse pickups along our "Adopt-A-Highway" stretch of Rt 753 scheduled for June 19 and 19.

Various upcoming tours were discussed including Marcia's morning ride on June 30. She said it would be a surprise. (What, no volunteers needed?)

Neups announced that GEAR next year will be in Canton, NY (Even though I wrote down Canton, OH).

Jack mentioned that trail maintenance/construction is taking place along the Boone Run Trail in Massanutten. Anyone interested in helping should call him.

Marcia said there is \$897.37 in the treasury (This was the Treasurer's report)

Neups handed out a cue sheet for one of his rides as an example of a possible format for a ride book.

Marcia reported on the MS Tour (June 8&9). The secretary was to include her report in these minutes, however he only remembers that she rode 159 miles and raised somewhere between \$430 and \$124,000. Thanks to Scott and Dave for helping sag.

The meeting dispersed about 8:15. Attendance: 9 members.

HISTORICAL NOTE: Attendees other than Marcia, Neups, & Jack did participate, but nobody said anything memorable enough to include in these minutes. Especially Art's mumbling about not knowing where his anniversary is....

Bike Virginia - June 23 - Todd Lake Rest Stop

A gigantic "thank you" goes to all my Todd Lake - Bike Virginia - volunteers. The pouring rain may have dampened some cyclists spirits Sunday morning, however, we eagerly served between 60 and 70 enthusiastic cyclists. Our being there made a big difference. There were rave reviews on the Todd Lake Rest Stop at Bike Va. Headquarters in Bridgewater. The bagels (thanks to Ed and Mr. J's), gatorade, and bananas were greatly appreciated. Marcia

Greg Gum (official rest stop vehicle and tarp assembly)
Michelle Gum (official bagel slicer)
Jack Foster (in charge of entertainment/frisbee in the rain)
Ed Strothers (bagels from Mr. J's)
Frank Hill (official iceman)
Randy Swecker (rain poncho distribution)
Brent McNitt (mechanical support)
Mike "Neups" Neupauer (knew the most participants and forgot the punchline)

Classified

A new service offered by SVBC. Anyone with bicycle related items that they wish to sell or give away, please submit items to be included to Jody Hess, Rt. 1, Box 70, Linville, VA 22834.

Does your bike need an overhaul??? Add your frame, fork, headset, and seatpost to this parts package to upgrade to new performance. All Shimano 105 - 1991. Specifications - All New built wheels size 700, Wolber GTX rims, 32 spokes with Specialized Transition tires - Hyperglide 7 speed 13-23 - Index shifters - 175 mm crank arms with 39-53 round chain wheels - dual pivot brakes with SLR aero levers - pedals with clips & straps - Modolo shape bars - turbo saddle. Parts have never been used. First \$300.00
Call 833-6300, evenings.

MEMBERSHIP

Presently we have 76 members in the SVBC. Our number of new members about equals those dropping out. We welcome the following new members.

Judith Trumbo	Broadway
Donna Miller	Staunton
Marie Millard	Staunton
Terry Ambrose	McGaheysville
Greg & Michelle Gum	Harrisonburg
Bob Ferrell	Sperryville
Ted Harris	Keezletown
Marc & Suzi Trubitz	Port Republic
Charlie Waxman	Harrisonburg
Shawn Winters	Harrisonburg

We hope to meet all of you soon. In an upcoming newsletter we will publish the membership with phone numbers. If anyone doesn't want their phone number (or name) listed, call Art Fovargue (ree-9247)

Time Trial Results

Name	5/27	6/4	6/11	6/25
Bill Bender	21:53	22:33		
Craig Lowry		25:15	25:12	
Mike Wenger	23:45			
Randy Swecker		28:36		
Mark Devlin	23:22	24:48		
Kevin Arnold			23:37	22:52
Sue Arnold			25:06	25:36
Dave Frye	26:31		26:00	26:06
Carole Moore	26:32			
Ron Shenk			26:09	
Greg Gum	25:29	25:33	24:25	25:15
Steve Hull	26:00			
Sue Rippy	26:15			
Neups Neupauer	24:03			24:36
Ankie Petkel	27:31			
Les Welch	28:00	26:40		
Jody Hess	27:21	27:41	27:07	
Al Clague		24:55	24:09	24:13
Darren Reid		24:16		
Sue Gier		36:25		
Shawn Galang		24:35		
Bill McCarrick		22:05		
Chandler Spears		22:38		
Joe Hiney		23:56	23:25###	
Chris Ward		23:00		
Larry Nuckols		30:56		
Marie Millard		35:42		
Larry Byslick		21:01		
Michelle Gum		34:25	32:31	
Jody HensleyX	23:50			23:35
Belinda Herrwagon		24:32		
Steve Slaubaugh			24:16	24:15
Marc Trubitz			28:18	
Dwight Dellinger			24:05	
Steve Poulson			22:24	
Chad Blackwell			23:24	
Warren Heidt				27:44
Tim Wolters				27:12
Brent McNett				26:24

X = Mt. Bike

= Team Time Trial on Fixed Gear Bikes

RIDE CALENDAR - JULY INTO AUGUST

	JULY 1	6pm - Women's Ride Ride, Pool Breeze Cycleway	5:45pm - TIME TRIALS	3	6:15pm - BROOKMILLS KEEQUETOWN ELEMENTARY SCHOOL. TED HARZIS 269-6108	5				
	7	MARK'S BIKE SHOP REDDISH KNOB Hill Climb Time Trial ~ 11am Registration 9am	6pm - Women's Ride 6pm - Pool Meeting Ride, HAVENDALE 7pm - Meeting, HAVENDALE	5:45pm - TIME TRIALS	9	10	6:15pm - KEQUETOWN ELEMENTARY SCHOOL TED HARZIS	11	12	SKYLINE RIDE WITH NEWS 434-1878
	14		6pm - Women's Ride	5:45pm - TIME TRIALS	16	17	6:15pm - KEQUETOWN ELEMENTARY SCHOOL	18	19	
	21		6pm - Women's Ride	5:45pm - TIME TRIALS	23	24	6:15pm - KEQUETOWN ELEMENTARY SCHOOL	25	26	
	28		6pm - Women's Ride	5:45pm - TIME TRIALS	30	31	AUGUST 6:15pm - KEQUETOWN ELEMENTARY SCHOOL	1	2	
	4	ART'S REDDISH KNOB RIDE	6pm - Women's Ride	5:45pm - TIME TRIALS	6	7	6:15pm - KEQUETOWN ELEMENTARY SCHOOL TED HARZIS 269-6108	8	9	
									10	MASSAQUEN 1400 - 14A

* Helmets Are Required for All Club Rides * Submit Your Routes for A SVBC Directory.

UPCOMING - SEPTEMBER 1, VIOKERS' CENTURY / SEPTEMBER 8, SVBC CENTURY
 SEPTEMBER 15, VAUGHY WEINER CENTER TRIATHLON
 ICE CREAM RIDE

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

If this box is checked, your dues expire this month

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

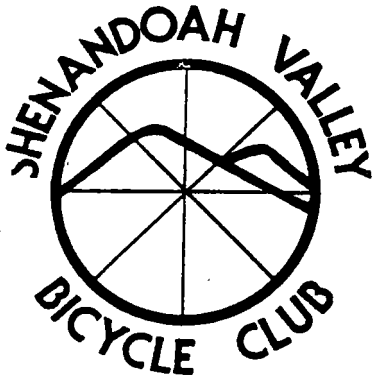
All club members must sign the release below. For persons under the age of 18, the parent or guardian must sign. Any person riding on an invitational status must furnish a release. This signed release will remain in effect as long as the Club is officially active.

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 have expired, and this is your last newsletter



P.O. Box 1014
 Harrisonburg, VA
 22801



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