President's/Editor's Column

I first wish to thank everyone who helped with the Century ride. I especially want to thank Ann and Erin Johnson and Christina Holland for their help to me at the Bridgewater checkpoint. I really needed them. And thanks to Larry Beiler who brought me a strawberry shake after he finished the ride. It really hit the spot! Remember that our next meeting goes inside now to the Valley Wellness Center and starts at 7:30pm. We hope to have a speaker on mountain bike riding.

Our next trash pick-up is on the 16th of October. We'll start at 9am at Donnelley's parking lot and finish at Mr. J's. Our last group had a good time with this. Try to help us this time and enjoy the day and food.

NEUPS

SEPTEMBER MEETING MINUTES

September’s meeting was held on the 13th at Hillendale Park, the last one at this location for the year, after an exhilarating ride through the countryside west of town on which several energetic souls participated.

Art Fovargue brought refreshments left over from the previous day’s Century ride so no one went hungry.

Jody Hensley facilitated the meeting, discussing the change in the Club’s constitution and talking about upcoming rides.

Marcia Lamphier gave the treasurer’s report of $778.54 and mentioned the trash cleanup on October 16th, after which participants will again be treated to bagels and cream cheese at Mr. J’s.

The weekend’s Century ride was discussed—the beautiful weather, number of riders (about 190), the fastest time (5 hours:16 minutes), and what a wonderful time everyone had.

Steve
WELCOME NEW MEMBERS
Mark Eckroth  Weyers Cave

WELCOME BACK RETURNING MEMBERS
L.B. & Ibby Branner  Broadway
Dave Frye  Mt. Crawford
Damarius Marion  Bridgewater
Jim & Charlene Mitchell  Harrisonburg
Steve Strider  Elkton
Marc & Suzi Trubitz  Port Republic

Thanks to all the above for your continued support of the Club.

NO QUICHE RIDE
Five riders started strong on the 25th of September at 9am: Tony Cascio, Mark Eckroth, Dave Frye, Neups, and Bill Taylor. We cruised to New Market in about 50 minutes (with the help of a tailwind). We made it to the start up Thornton Gap before hitting some drizzle. But the rain became fiercer, the fog rolled in, and the temperature dropped quickly and brought on numbness. After making it to Skyland, the decision was made to abort the ride with much distress, as we had already completed the hardest part of the ride. Bill’s wife Jodi was kind enough to provide transportation home. All agreed another attempt was to be planned for the future.

11th Annual Century
Look for a recap in the next newsletter.
Art

SCHEDULE OF EVENTS

SATURDAYS 9am. Mountain Bike Rides. Beginning at and sponsored by Mark’s Bike Shop. 434-5151.
SATURDAYS 1:30pm. Impromptu ride starting at Waterman Elementary School.

OCTOBER 2 Fall Colors Bike Ride, Abingdon-8:30am, Damascus-9am. Starts at White Top Station and ride down the mountain. Reservations Recommended! Call Dean Roark at 703-628-1328. $5-6.
OCTOBER 8-10 Colonial Virginia Bike Trek. Williamsburg. Benefits American Lung Association of Virginia. Call 800-345-LUNG.
OCTOBER 11 Monthly meeting, 7:30pm, Valley Wellness Center. We should have a mountain bike riding speaker.
OCTOBER 15-17 Bike Virginia Fall Festival. On and off-road rides. Call 804-229-0507.
OCTOBER 16  
Trash pick-up. Meet at Donnelley’s parking lot at 9am. Be sure to wear sturdy footgear and bring gloves.

OCTOBER 17  

OCTOBER 24  

OCTOBER 30  
Harvest for Humanity, Mt. Zion UMC, Oak Park. Bicycle ride at 1pm. $35 includes dinner. Varying lengths.

### TIME TRIALS

<table>
<thead>
<tr>
<th>NAME</th>
<th>20-Jul</th>
<th>27-Jul</th>
<th>3-Aug</th>
<th>10-Aug</th>
<th>17-Aug</th>
<th>24-Aug</th>
<th>31-Aug</th>
<th>7-Sep</th>
<th>14-Sep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matt Alexander</td>
<td>-</td>
<td>26:35</td>
<td>25:25</td>
<td>-</td>
<td>-</td>
<td>25:38</td>
<td>25:09</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Kevin Arnold</td>
<td>23:50</td>
<td>-</td>
<td>23:27</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Sue Arnold</td>
<td>25:02</td>
<td>-</td>
<td>25:36</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Larry Beiler</td>
<td>26:49</td>
<td>26:34</td>
<td>-</td>
<td>25:21</td>
<td>25:08</td>
<td>-</td>
<td>24:56</td>
<td>24:54</td>
<td>-</td>
</tr>
<tr>
<td>Art Fovargue</td>
<td>-</td>
<td>30:03</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Larry Grossman</td>
<td>-</td>
<td>-</td>
<td>26:01</td>
<td>28:20</td>
<td>* 26:28</td>
<td>26:03</td>
<td>26:08</td>
<td>26:51</td>
<td>26:28</td>
</tr>
<tr>
<td>Bruce Johnson</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>25:24</td>
<td>-</td>
</tr>
<tr>
<td>Dylan Johnson</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Garth Kunkle</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Kristian Looney</td>
<td>-</td>
<td>-</td>
<td>27:05</td>
<td>-</td>
<td>25:33</td>
<td>-</td>
<td>-</td>
<td>24:50</td>
<td>-</td>
</tr>
<tr>
<td>Jeremy Martin</td>
<td>-</td>
<td>-</td>
<td>26:18</td>
<td>-</td>
<td>26:22</td>
<td>26:25</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Brent McNett</td>
<td>-</td>
<td>-</td>
<td>27:30</td>
<td>-</td>
<td>-</td>
<td>26:57</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

* Mountain Bike

### 1992 MILEAGES

<table>
<thead>
<tr>
<th>Name</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tim Wolters</td>
<td>3,656</td>
</tr>
<tr>
<td>Neups</td>
<td>3,223</td>
</tr>
<tr>
<td>Art Fovargue</td>
<td>2,506</td>
</tr>
</tbody>
</table>

If you have your 1992 total, call Neups to have it listed.
Start gathering your 1993 mileages for inclusion in the newsletter.

### DUES

Remember to pay your dues when the date on your mailing label is either highlighted or marked through. The newsletter deadline is the third Monday of each month, so have your check in by that time.

### MEMBERSHIPS EXPIRING OCTOBER

Samuel & Margaret Johnson Family  
Nancy A. Sheffield  
Samuel A. Piercy
SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

NAME(S) ___________________________________ PHONE __________________

ADDRESS ____________________________________

Street ________________________ City ________ State ________ Zip ______

Individual__($7) Family__($10) Junior (12-16)__($4) Associate (non-voting)__($7)

NOTE: Membership lasts for one year from month dues are paid.

Ride Class Designation Approx. Speed Approx. Distance Check
(MPH) (Miles)
A 14 - 22 25 - 100 Here
B 12 - 16 15 - 60 
C 8 - 12 10 - 35 
D less than 10 5 - 15 

TYPE(S) OF CYCLING

Racing ___ Mountain ___ Recreational ___ Overnight Tours ___ Other (specify) ___

COMMITTEES ___

Racing ___ Mt. Biking ___ Touring ___ Century ___ Newsletter ___

INSURANCE RELEASE

In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and 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 bicycling.

Member signature __________________________ Date __________ Signature of parent/guardian (under 18) __________

Return to: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22801

SVBC SECRETARY
RT. 2, BOX 405-B
ELKTON, VA 22827

printed on recycled paper