

OCTOBER NEWSLETTER

SVBC OFFICERS

President: Michael "Neups" Neupauer	434-1878
Vice-President: Jody Hensley	289-5591
Secretary: David Knicely	828-3599
Treasurer: Marcia Lamphier	289-6712

President's/Editor's Column

All month I was wondering what to write about. The other day it hit me. Well, maybe I should say it hit my computer. My hard drive got a bug in it and it refuses to work now. That's not an unsurmountable problem, except that I don't back it up to floppies every night. As such, everything I had typed in this newsletter is now lost (for

now) and I did not save the paper backups. Hence, this will be a short newsletter, and what is in it will be somewhat paraphrased from my memory. I heartily apologize for this and if and when I am able to access the former hard drive, I will include all that was missed into a future newsletter.

NEUPS

OCTOBER MEETING - ON THE 10TH.

This month's meeting will be at 7:30pm at the Valley Wellness Center. We'll have Dave and Nancy Cary giving a talk on their recent trip to Glacier National Park and the Going to the Sun route. It's a beautiful tour and one you should find most interesting. We hope to see you there.

TRASH PICK-UP

Don't forget, our next trash pick-up day is Saturday, October 22nd, at 8:30am. We'll start at the Penn Laird Post Office. See the events section for directions. Hope to see you there.

WELCOME NEW MEMBERS

Larry & Marcia Brown

Harrisonburg

Bob McGovern-Waite

Bridgewater

Denny Woodyard

Christiansburg

Mark's Bike Shop, Cool Breeze Cyclery, Blue Ridge Cycle Works, and Mole Hill Bikes

all contribute to the cost of the monthly newsletters.

Please support these local shops.

WELCOME BACK RETURNING MEMBERS

Larry Beiler	Harrisonburg
Mark Eckroth	Weyers Cave
Gary Flynn	Mt. Solon
David Frye	Mt. Crawford
Tom Mayer	McGaheysville
Brent McNett	Dayton
Jim & Charlene Mitchell	Harrisonburg
Zack Perdue	Harrisonburg
Charlynn Turner	Harrisonburg

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

CLASSIFIEDS

Bell Image Helmet (M/L), \$30. Ambrosio Sew-up rims (2), \$30. Both items brand new and in original packaging. Call Brian Bauer at (703) 298-0014.

Cadex Carbon Fiber ATB, 2 years old, SPD pedals, Cateye Mity Computer, great condition. \$600. Call Steve Slaubaugh at (703) 289-9430.

Blue Sky Bicycle Trailer, very good condition, \$150. Call Randy at (703) 885-9671.

WANTED: Good black and white mountain bike photos of the George Washington National Forest. Vertical format. Will be used in A Mountain Biker's Guide to the Shenandoah Valley. For photos used you'll receive a free copy of the book when published. Call Randy Porter at (703) 885-9671.

TIME TRIALS

<u>NAME</u>	<u>9-Aug</u>	<u>23-Aug</u>	<u>30-Aug</u>	<u>6-Sep</u>	<u>13-Sep</u>
Al Clague		24:35	24:01	24:44	24:06
Mark Eckroth				25:14	
Dave Frye		27:55	26:20	27:14	27:33
Neups	23:59	23:40	23:00		24:09

OUTTAKES - The 6th Annual Tour de Valley Century

I had the opportunity to ride the Waynesboro Century the Sunday of Labor Day. Though they stress in the beginning talk that the ride is not a race, I felt there were a greater percentage of racers (of the 110 riders) on that ride than we get at our century. The opening pace was fast, the rain held to a few minutes of a drizzle. I ended with my fastest century ever, mostly from only taking a total of fifteen minutes of rest at the three designated stops.

What impressed me was the after-ride party. Pizzas, subs, munchies, soda, beer, massages, and swimming. It was great! Quite a change from any other century I had done before. The cost is more than twice ours, but I think it was worth it. And I do believe I'll be keeping it on my schedule for years to come.

Neups

SCHEDULE OF EVENTS

- FRIDAYS** 4pm. **Dollar Downhill ride.** Begins at Mark's Bike Shop.
- SATURDAYS** 11am. **Mountain Bike Rides.** Beginning at Mark's Bike Shop. 434-5151.
- SATURDAYS** 1:30pm. **Impromptu ride starting at Waterman Elementary School.**
- OCTOBER 7-9** Colonial Virginia Bike Trek. Benefits ALAV. Call 1-800-LUNG USA for info.
- OCTOBER 8** Sea Gull Century and Metric Century, Salisbury, MD. Breakfast, post-ride buffet, and 60's dance. Optional rides Friday and Sunday. Call Joe Gilbert at 410-548-2772 for more information.
- OCTOBER 14-16** Bike Virginia Fall Festival, Staunton. Road and mountain bike rides. Call 804-229-0507 for more information.
- OCTOBER 16** Winchester Bike Festival. No details yet.
- OCTOBER 22** The Great State Trash-Off. **This will be our next trash pickup day. We'll start at 8:30am at the Penn Laird Post Office. If coming from Harrisonburg, take 33 East, straight through the light at 276, and it's the first left after the first bridge after that light. That left comes up quickly, so be alert.**

1994 MILEAGES

If you have your 1994 total, call Neups to have it listed.

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

S. Harlow & S. Benson
Steve Strider

Sam Johnson Family
Chris Trimble

Nancy Sheffield
M. & S. Trubitz

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

NAME(S) _____ PHONE _____ / _____
 ADDRESS _____

Street _____ City _____ State _____ Zip _____

Individual _____ (\$10) Family _____ (\$15) Junior (12-16) _____ (\$5) Associate (non-voting) _____ (\$10)

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

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

TYPE(S) OF CYCLING

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

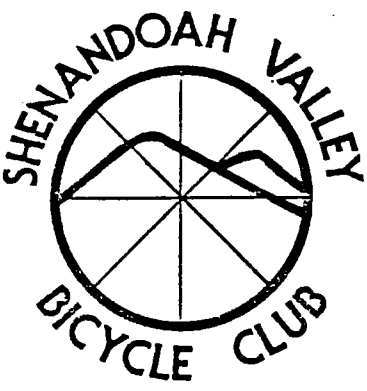
COMMITTEES

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 22801-1014



P.O. Box 1014
 Harrisonburg, VA 22801