Since we are now in mid-cycling season, how is your cycling going? Are those pedals getting easier to spin? Are you meeting your cycling goals? I hope that the presence of the Shenandoah Valley Bicycle Club has served and met your needs so far this season. The Club has been sponsoring various paced mountain bike and road rides this year, and some of you have joined other members during these Club-sponsored rides. A BIG thanks goes out to Bill Taylor, Ride Coordinator, and his committee (i.e. ride leaders) - Marcia, Matt, and Neups. More Club-sponsored rides are planned in the coming months. If you have not joined any of the past rides, try to make it to one of the next ones.

On a larger scale, there will be a plethora of bike festivals/centuries for the rest of the season, including the Chamber's festival in July and the Club's Century in September. I hope that many of you will be participating in these local events. For those of you that will be traveling to other areas to ride, you might consider contacting other club members or the officers about your plans. Who knows, someone else just might want to drive their vehicle.

As many of the Club members know, during the weekday I wear starched white shirts, fancy ties, and business suits. Yet, once the five o'clock whistle sounds, I metamorphose into a Laca-covered cyclist and the SVBC president. During my daily stint in my suit and tie, I'm employed as a financial/business analyst. In other words, I gather and examine raw business, economic, and financial data. Then I prepare and construct comprehensive reports regarding my views and findings. To make the raw data easier to understand and make my points, I develop various charts and graphs, which are attached to my reports. Attached to this newsletter is a graph illustrating the number of memberships outstanding since the Club was founded in 1983. As you can see by this graph, the number of memberships have been steadily dropping since 1988. Surprisingly, that downward shift moves in the opposite direction of number of bikes sold. Bike sales have been increasing at a rate of 16.7% annually since 1990. In executive committee meetings, we have been asking ourselves, "what does this mean?" In an effort to reverse this trend, the executive committee established Club goals, which have been discussed in past newsletters. Since annual membership dues cover the costs of our monthly newsletter, major ongoing expenditures, and special events, the more members the Club supports, the better the financial position of the Club. If you are reading this and are not a member of the SVBC, you may want to join the Club to keep up with other Club activities and financially support your local cycling club.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 12</td>
<td>6:00pm</td>
<td>Pre-meeting ride starting at Hillandale Park, Shelter #1.</td>
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<tr>
<td></td>
<td>7:30pm</td>
<td>Official meeting at Hillandale Park, Shelter #1.</td>
</tr>
<tr>
<td>August 21</td>
<td>7:30pm</td>
<td>Century meeting at David Knicely’s house.</td>
</tr>
</tbody>
</table>
JULY MEETING MINUTES

Your Club’s annual summer picnic and monthly meeting was to begin at Hillandale Park at 5:30 pm with a pre-meeting ride. However, the cool, rainy weather kept everyone off their bikes. By the time 6:30 arrived, the non-riding group increased to twelve hungry picnickers. I wish to thank everyone who furnished the great-tasting food. While feasting, Bill McAnulty, Chairman of this year’s Bicycle Festival, handed out T-shirts to the volunteers who will be leading rides in this year’s 5th annual event on July 26, 27, and 28. All the volunteers will wear mint green T-shirts, except Bob McGovern-Waite, who’s shirt is, believe it or not, hot pink. (Please feel free to ask Bob why he is wearing a pink shirt when you see him.)

David began the official meeting around 7:00 pm. The guest speakers failed to show for the rainy-day meeting. He’ll persuade them to speak at another meeting. The meeting turned to cycling issues and upcoming Club events, including Marcia’s Treasurer’s report of $641.48, announcement of the special meeting of the membership at August’s regular meeting, and the administration meeting held on July 1, 1996. The floor was turned over to Art, who updated those in attendance regarding the July 1st centennial meeting. The meeting addressed particulars for the 14th Annual Century that will be held on September 8th. The Century Committee needs your help and baked goods to make this year’s event operate smoothly for our friends and guests.

In concluding the meeting at 7:35 p.m., David recommended that each of us consider leading rides for our fellow friends and cyclists.

Knicely

WELCOME BACK RETURNING MEMBERS

Ellen Harrison
Keezletown

Alice Stecker
Harrisonburg

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

SVBC ACTIVITY COORDINATORS

<table>
<thead>
<tr>
<th>Century</th>
<th>Art Fovargue</th>
<th>433-9247</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rides</td>
<td>Bill Taylor</td>
<td>433-7154</td>
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<td></td>
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<tr>
<td>Newsletter</td>
<td>Neups</td>
<td>434-1878</td>
</tr>
<tr>
<td></td>
<td>Time Trial</td>
<td></td>
</tr>
<tr>
<td></td>
<td>David Knicely</td>
<td>828-3599</td>
</tr>
</tbody>
</table>

EDITOR’S COLUMN

Some of you may already know, and sorry for blowing my own horn a little bit here, but I won the Virginia Commonwealth Games road race on July 12th. It was run on the Blue Ridge Parkway starting around Vinton, just outside Roanoke. I write this more to say thank you to those who have helped me in that quest: David Knicely for timing on Tuesday nights so I can measure my progress, the Thursday night Keezletown ride riders for keeping things shaking, Matt Madden and Bill Taylor for running some good training rides throughout the year, and also Al Clague and Mark Eckroth for doing some great rides with me.

Another partner, if you will, in my endeavor was my massage therapist, Michael Gwin. He’s been working on my legs ever since I went down at the Waynesboro Century last September. Without him loosening me up each week, I don’t think I would have been able to push all the miles I have been this year. I’m ever grateful to all the above and hope that I may have many more miles with each of you in the future.

Neups
**CLASSIFIEDS**

FOR SALE: Two bike roof racks. A bit aged with a bit of iron oxide, but still functional for that second car, or where cosmetics don't matter.

#1 - Barrecrafters Spoke Tote (BR-20) - Was last on a '72 Capri (was necessary for structural integrity of auto). Connects to rain gutters (remember those?).

#2 - Convert-A-Porter (No. 1002) - Was last on a '76 Datsun hatchback. Connected to an inverted rain gutter (designed to keep water on road from splashing your roof - never caught on).

Both carry two bicycles. Best offer or for-the-taking (before I'm forced to throw 'em out). Call Art Fovargue (433-9247)

FOR SALE: 1) Nishiki Modulus - 56 cm - 12 speed - 105 groupo - Look pedals - Good condition - $200.

2) Giant Iguana - 18" - Alivio groupo - New 95' - $350.


4) Trek 1000 Aluminum - 54 cm - Blaze groupo - good trainer or beginners bike - $150.

Call Brian - 433-4977 - or - 1-800-972-5234 on any or all of the four above items.

FOR SALE: Look PP136 Pedals with ARC Cleats - Brand New - Never Used - $75. Call Marc Stecker at 433-2711 during work hours.

**WANNABES**

A week or so ago, my oldest son, Patrick, was asking me about the "Wannabe Rides" that I've been leading for the last three months. After hearing about the rides, he asked if he and I could lead one of the rides. I told him that that would be a great idea. On Sunday, August 4th, Patrick (age 10) and I will lead a "Family Wannabe Ride" in the Bridgewater area starting at 1:00pm. After the 10 - 12 mile ride, we will cool down by eating watermelon. A regular "Wannabe Ride" will be on August 18 at 1:00pm. Once again, if you are you a rider (10 to 12 mph) who would like to become smoother, faster, and/or more efficient, then this is the ride for you. These rides are learning/training rides, but also FUN rides and at no time will anyone be dropped. So come out, train, and learn with me. I promise that everyone will learn at least one new way to improve his/her cycling skills. Call me at 828-3599 for more information, like starting point.

Knicely

**TIME TRIALS**

For August, a Club representative will be present on the 1st and 3rd Tuesday of the month. The following are the results of the recent time trials:

<table>
<thead>
<tr>
<th>July 2</th>
<th>July 16</th>
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<tbody>
<tr>
<td>Neups</td>
<td>Neups</td>
</tr>
<tr>
<td>23:23</td>
<td>22:57</td>
</tr>
<tr>
<td>Bill Taylor</td>
<td>Matt Madden</td>
</tr>
<tr>
<td>25:50</td>
<td>24:01</td>
</tr>
<tr>
<td>Mark Eckroth</td>
<td>Al Clague</td>
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<tr>
<td>26:00</td>
<td>24:30</td>
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<tr>
<td>Bob McGovern-Waite</td>
<td>Bob McGovern-Waite</td>
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<tr>
<td>28:02</td>
<td>26:51</td>
</tr>
<tr>
<td></td>
<td>Bill Taylor</td>
</tr>
<tr>
<td></td>
<td>27:07</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>MONDAY</td>
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<tr>
<td>--------</td>
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</tr>
<tr>
<td></td>
<td>4pm Family Wannabe Ride Call David for details</td>
</tr>
<tr>
<td>11</td>
<td>12pm-Pre-Meeting Ride-Hillandale 7:30pm-Meeting Hillandale #1</td>
</tr>
<tr>
<td>18</td>
<td>19pm Casual Ride Blue Ridge Cycle</td>
</tr>
</tbody>
</table>

Helmets are required on all club rides.

**SCHEDULE OF EVENTS**

**Mondays**
6:00pm sharp! 10-12 mile, very casual ride. Blue Ridge CycleWorks. Call 432-0280 for further details.

**Tuesdays**
3:30pm. Women’s Ride. Two to four hours. Beginners welcome. Meet at Mark’s Bike Shop. Call Erin at 433-3437 for more information.

**Tuesdays**
Keezlenut Ride. Beginner to moderately advanced Mountain Bike ride. 6:00pm. Meet at blue house on Rt. 758 (approximately two miles north of Keezletown off Rt. 620). Call 269-4602 or 432-0280 for more details.

**WEDNESDAYS**
5:15pm. 1 1/2 hours at a B-pace. Meet at First Union Bank parking lot at the corner of Mason and Main streets. Call Marcia at 289-6712 for more information.

**July 28-Aug 2**
Moose Tour. 6-day Maine bicycle adventure. Call 207-743-2577 for more information.

**August 3**
9:00am, 35 miles at a B-pace. Meet at Montevideo Middle School. For more information call Marcia at 289-6712.

**August 4**
Family Wannabe Ride. 1pm. Call David at 828-3599 for more information.

**August 10**
7:00am, 50 miles at an A-pace. Call Bill at 433-7154 for information.

**August 10**
Greater Roanoke Valley Biathlon. 4 1/2 mile run, 20-mile bike. Contact Billie Abshire, 540-343-7632.

**August 11-17**
Wheeling Washington III.

**August 18**
Wannabe Ride. 1pm. Call David at 828-3599 for more information.

**August 24**
Ice Cream Rides. 10am. Kline’s Dairy Bar. B-pace ride led by Neups, 30 miles. C-pace ride led by Knicely, 20+ miles. Both to finish at noon. Bring some money to treat yourself to some ice cream, or lunch at the new Smokin’ Pig right next door. Call Neups for more information, 434-1878.

**August 31**
Mountain Bike ride. Potential for camping if there is enough interest. Call Matt at 574-6062 for details.

**August 31-Sept. 2**
Tour of the C&O Canal. Atlantic Cycling. Call Neups for more information.

**September 15**
Lake Anna Century, Richmond.

**September 15**
Tour of the Maryland Eastern Shore. Atlantic Cycling. Call Neups for more information.
September 8  
14th Annual Shenandoah Valley Century.
Sept. 16 - Nov. 2  Southern Cross Bicycle Classic. Disneyland (CA) to Disney World (FL).
September 21  
September 21  
Maryland Wine Festival Bike Tour. Benefits American Lung Association.
September 22  
Reston Century. Includes 200-km, 100-miles, 100-km, 50-miles, and a 26-mile ride. Pre-register and get a T-shirt. Call 703-904-0900 for more information.
September 28  
Adams Apple Ride. Sixth Annual. Rain date on the 29th. 25-, 50-, and 100-mile rides out of Gettysburg, PA. Call (717) 334-8151 for more information.
October 6  
Artie Levin Century, Roanoke, VA. 8:00 a.m. Contact Hank Ebert, 6016 Burnham Road, Roanoke, VA 24018. Telephone 540-772-3343. A very challenging 100 miler (with a tough mountain 70 miles into the ride). Will also have a metric century option. The 100 has three rest/food stops and is sagged. The metric has two rest stops and is also sagged. The route begins/ends at Salem's Longwood Park and passes through scenic Roanoke, Montgomery, Craig and Botetourt Counties.
October 13  
Fabulous Fat Tire Fall Foliage Festival. Atlantic Cycling. Call Neups for more information.
October 18-20  
29th Hilly Hundred Tour. Indianapolis, IN. Call (317) 257-5607 for more information.
October 25-27  
Bike Virginia Fall Festival Weekend.
October 26  
Frederick County Fall Classic. Atlantic Cycling. Call Neups for more information.

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 before then.

MEMBERSHIPS EXPIRING August/September

<table>
<thead>
<tr>
<th>L.B. &amp; Ibbie Branner</th>
<th>Sandy Brownscombe</th>
<th>David Frye</th>
</tr>
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<tbody>
<tr>
<td>Al Clague Family</td>
<td>Sylvia DeVita</td>
<td>Bill McAnulty</td>
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<tr>
<td>Brent &amp; Judie McNett</td>
<td>Tim Miller</td>
<td>Jim &amp; Charlene Mitchell</td>
</tr>
<tr>
<td>Zack Perdue</td>
<td>Perry Temple</td>
<td>Charlynn Turner</td>
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<td>John Zban</td>
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SHENANDOAH VALLEY BICYCLE CLUB

![Graph showing the number of memberships from 1983 to 1996.](image)