

\*\*\*\*\* PRESIDENTIAL PERAMBULATIONS by Ray Miller, SVBC President\*\*\*\*\*

The second annual Shenandoah Valley Century is just around the corner. You'll soon start seeing the pink posters popping up around town. If you would like to help spread the posters, give me a call (896-1576).

The club is now the proud owner of two 6.5 gallon water coolers. The coolers were purchased on sale by our bicycle products testing director Eleanor Price. We hope to utilize the coolers on tours, time trials and the Shenandoah Valley Century.

I would like everyone to read the proposed changes to the amendment and by-laws included in this newsletter. We hope the modifications will enable the club political wheel to run more smoothly.

We are commencing a survey to collect data concerning accidents that have occurred at the RR crossing on S. Main across from Roth Theatres in Hburg. Every report counts, so contact Mario Dennis or myself, and give us the scoop. We are discussing the possibility of placing an ad in the Daily News Record asking for accident info from the general public.

Get those miles in before the century!!

\*\*\*\*\* ACCIDENT SURVEY \*\*\*\*\*

The SVBC is gathering information concerning bicycle and motorcycle accidents at the RR crossing on S. Main across from Roth Theatres. Please answer the following questions.

1. Have you ever had an accident or near accident at this RR crossing?
2. If yes, did you sustain an injury due to the accident?
3. If yes to #1, was the bike damaged due to the accident?
4. At the time of the accident, was the traffic on Main St. light, moderate or heavy?
5. Have you witnessed other mishaps at this RR crossing?
6. What is your biggest concern with this crossing?
  - a. inadequate signs or warning to the cyclist
  - b. no access to sidewalk after one sees the caution sign
  - c. no sidewalk for northbound riders.

Complete and mail to Mario Dennis, <sup>420 MARYLAND AVE</sup> ~~HBURG 22801~~ or call in your responses to Mario (434-3521) or Ray Miller (896-1576). This information is vital if anything is going to be done. Let's prevent a casualty from occurring.

\*\*\*\*\* A LOT OF EATING GOING ON \*\*\*\*\*

Reports from the August SVBC meeting are still rolling in, and all attest to another fine culinary treat. Suggestions have been received from a few who think that the members might want to change the name of the club to the Shenandoah Valley Gourmet Society. Anyway, if you missed the August potluck meeting, as the editor sorrowfully did, you'll just have to wait for the next potluck get together. Experience dictates that you won't have long to wait! Thanks to all who contributed to the August meeting. Let's all have lunch again some time, real soon!!!

\*\*\*\*\* BARGAINS GALORE AT THE SEPTEMBER SVBC MEETING\*\*\*\*\*

The main event of the September SVBC meeting (Tuesday, 9/11, 7:30PM, Hburg Nat'l Guard Armory) will be a good ol' fashioned swap meet. So come prepared to make a deal. Now you don't need to wear a funny costume. . .bike shorts are fine. . .just bring any bike parts or accessories that you would like to sell, trade or give away. So get into the closet, out to the garage or up to the attic, and find all those bike things that you just don't have any use for. We'll have some tables set up to allow for display of your items. Some folks like to call these things swap meets, but I'm sure that at least a few will accept cash if you're in a bind. So plan to attend, even if you're not in the market for anything. (ed. note: Any of you bikies out there that have those Santana tandems tucked away in the attic gathering dust, I'm ready to deal!!!)

\*\*\*\*\* SVBC CLASSIFIED\*\*\*\*\*

Something to sell, buy or trade - if you can't unload it at the swap meet, give the SVBC Classified a try. Free to club members - contact Newsletter editor John Phillips (433-3419)

21" Fuji Finest Frame, with stem, bars, headset, Campy seatpost, \$150, call 896-2386

TIME CHANGE - CONSTITUTION

Two changes in the SVBC constitution have been proposed by the executive committee. The first changes the SVBC fiscal year from January 1 thru December 31, to March 1 thru February 28(29) and more clearly defines officer nomination and election procedure. The main purpose is to get the SVBC year more in line with the cycling year, which begins sometime around when spring weather arrives.

The second change initiates a half rate dues structure halfway through the fiscal year. The intent of both changes is an attempt to gain new members by making it a little easier to join.

The present and proposed revised sections of the constitution are shown on the next page. A vote on the changes in Articles IV and V will take place at the October meeting. Because changes to bylaws require a majority vote of all club members, vote will be by ballot (below) or by phone (call me at 433-9247). Ballots may be sent to me (210 Monument Ave., H'burg) or given to any of the officers at the September or October meeting. Votes must be received by October 15.

If the fiscal year change passes, all memberships presently in effect will be extended two months. PLEASE RESPOND. We need all the votes we can get to obtain a clear cut majority on this issue. If you have any questions, please call.

Art Fovargue

BALLOT

I am in favor of the proposed changes to the bylaws in the SVBC constitution (circle choice)

Yes

No

Name: \_\_\_\_\_

\* \* \* \* \* VOYAGEUR by Art Fovargue, SVBC Touring Czar \* \* \* \* \*

Here's hoping all of you have been enjoying the good cycling weather of late, and have been logging more miles than yours truly. Due to an impending increase in family size, my voyageuring has about ceased. That's OK - they'll be plenty of time for cycling soon enough.

The big ride of September is the National Century, of course. I hope everyone plans to attend, and partake in one way or another. The best way to show your appreciation to those who organized the tours is by getting out there and cycling and put some results for their efforts. See you there.

As the touring season draws to a close, I would welcome your comments (oral or written) about what you liked/disliked about the rides we presented, rides you think we should/should not have or other ideas. But the season is absolutely not over yet, so get out and enjoy. Don't forget to ride safely and legally, and set a good example for all the new bicyclists/students in town!!

\* \* \* \* \* SHENANDOAH VALLEY CENTURY \* \* \* \* \*

As Art and Ray mentioned above, the second annual Shenandoah Valley Century will be held on Sunday, September 16. This is a very special event for the SVBC, and all members are encouraged to lend their support by participating. Last year's event, the first one sponsored by the SVBC, was a big success, with approximately 70 riders participating. A good number of the riders in last year's event were from out of town (from as far as Richmond and Washington, DC). We received a lot of good comments from folks last year, and we are looking forward to another good event. A descriptive flyer with more specific information is included in the newsletter along with a registration form. We would like to encourage persons to pre-register (save a buck), so take a moment and fill out the registration form. The best advertising we have is word of mouth, so talk it up among your friends and colleagues. The 25 miler is a great way to introduce someone to the joys of bicycling. Come on out and share some of the best bicycling to be found anywhere. See you on the road on Sept. 16.

\* \* \* \* \* BAKED GOODS APPEAL - DONATE TODAY \* \* \* \* \*

In keeping with the tradition started last year, we are asking each member of the SVBC to donate a baked good (cakes, cookies, pies, etc) to the Shenandoah Valley Century for consumption by participants at the end of the ride. This worked out real well last year, and was a big hit with the riders (and workers, too) It adds a real special touch, and allows everyone in the club to participate in some way. Member response last year was great, and we are hoping to have another great baked good supply this year. You can drop your donation by the Phillips (527 Collicello St., Hburg 433-3419) on the Sat. night before the ride, or drop it by the armory on the Sunday morning of the ride. So keep the tradition going, and send those riders home with full bellies and fond memories of the best ride of the year!

\* \* \* \* \* LUXURY OVERNIGHT AT THE FARM \* \* \* \* \*

The recent Labor Day Weekend to V.K. and Waltine Begoon's farm out in Sangerville was one of the best overnights yet. The 11 riders enjoyed a beautiful ride on one of the clearest days this summer. The mountain views were just great. Also, how can you complain when you have soft ground to sleep on, a swimming pool to swim in, indoor bathroom facilities and an automatic coffee maker. Not to mention a 54 course potluck dinner after the swim, and delicious blueberry pancakes upon arising in the morning. As one participant put it, it was as if one had died and gone to biker's heaven. A big thanks to Waltine and V.K. for their gracious hospitality.

\* \* \* \* \* THERE IS MORE THAN EATING GOING ON \* \* \* \* \*

Despite what you read on these pages, there is plenty of cycling to go along with the eating. Monday night rides, Tuesday night time trials, Wednesday night rides, Thursday night mountain bike rides and weekend rides of all shapes and sizes. A true smorgasboard of rides. Get out and take a taste of bicycling in the Valley. September, October and even into November offer some of the finest bicycling in this area.

\* \* \* \* \* SECOND ANNUAL NO QUICHE MOUNTAIN CHALLENGE CENTURY \* \* \* \* \*

The second annual (we can call it that, because one person did complete it last year) No Quiche Mountain Challenge Century will be held on Sunday, October 21 this year. Some of you may remember (others would like to forget) that we ran this one in November last year and hit snow up on the Skyline Drive. The ride will be a fast pace century through the Massanutten and Blue Ridge mountains. There will be no sag service. Several stops for food and water will be available along the way. Riders are encouraged to bring some warm clothes, and some handlebar bag food. Dave Lewis has volunteered to lead this year's challenge.

The ride will leave from Waterman School at 7:30 AM on Sunday, Oct 21. Century patches to complete the "America the Beautiful" patch will be available for \$1.50. For more info, contact Dave Lewis at 867-5363.

\* \* \* \* \* PROUD PARENTS \* \* \* \* \*

The SVBC is pleased to announce that Mary Lu and Dave Lewis are the proud parents of a beautiful Kumahara tandem bicycle. The bike, weighing approximately 45 pounds, has made several appearances on club rides since the stork delivered it back in July. We are happy to report that the bike and parents are doing just fine. Some single bike persons, however, are experiencing intense envy. You can spot them by the puddles of drool that form at their feet whenever they stare at the tandem (which is all the time). Club members should be particularly cautious when riding near these envious single seat riders. So congratulations to the Lewises, and happy tandeming!!!

\* \* \* \* \* RACER'S CORNER by Bruce Werner, SVBC Racing Director \* \* \* \* \*

RACE ANNOUNCEMENT!!!

HANDICAP TIME TRIAL!!! - SATURDAY, SEPT. 15, 8:00AM Registration, \$5.00 entry fee, 9:00AM first rider off.

BC T-shirts for all participants!! PRIZES FOR THE FIRST SIX PLACES!!!!

NOTE: HELMETS ARE REQUIRED.

Start: intersection of rt. 276 and rt. 33. (Route 276 runs from Keezletown to Meyer's Cave). Park on 276, completely off the road!! Warm up on 276, south of route 33. Course runs straight east on route 33 for 10 miles to finish line (business 33 cutoff. ample parking at the finish)

Here's how the handicap works. All your 1984 times are averaged and compared to the fastest average time, giving you a handicap that will be subtracted from your time on Saturday, making you competitive with the fastest racers!! Your time to beat will be available at registration!! Contact Bruce (433-8977) for more details!

Some Bad News - Due to construction at the Valley Mall, there will be no criterium this year. Sorry.

\* \* \* \* \* HIGHLAND RETREAT OVERNIGHT \* \* \* \* \*

Here it is folks, the overnight you've all been waiting for, the beautiful Highland Retreat Overnight. The overnight ride will be held on Oct. Ride approx. 25 beautifully colored miles to a homey retreat in the highlands near the WV line. Four cabins sleeping 4-6 persons each and plenty of tent space are available. Call Debby Phillips soon (433-3419) for cabin reservation, potluck dinner contribution and other arrangements. We need a volunteer to drive a vehicle with food, cooking equipment and some gear. Contact Deb if you're interested in helping out.

## SHENANDOAH VALLEY CENTURY

**Special Events**

SEPTEMBER

- 9, SUN, "SVC Worker's Century," 7:30AM, H'burg Nat'l Guard Armory, ride 25, 50 or 100 miles to check out routes for the Shenandoah Valley Century on Sept. 16. Open to all, but particularly to those folks who will be helping out on the SVC on Sept. 16. Ride at your own pace, no sag, Leader: Phillips(433-3419)
- 10, MON, "The Last Monday Nighter," 5:30PM, Plains Elem., T'ville. Leader: Rodney Yankey(896-2648)
- 11, TUES, "SVBC Sept. Meeting", 7:30PM, Hburg Natl Guard Armory, Swap Meet - see details in newsletter
- 12, WED, "The ABC Ride," 5:30PM, Keister Elem., 10-20 mi, B/C pace. Leader: Greg McGillivray(434-4811)
- 15, SAT, "Handicap Time Trial," 8:00AM, route 33 at 276, see details in newsletter.
- 16, SUN, "Second Annual SHENANDOAH VALLEY CENTURY," rides of 25, 50 and 100 miles. see enclosed form for details and registration.
- 18, TUES, "Time Trial," 6:30PM, 10 mile time trial. Contact B. Werner for details and verification(433-8977)
- 19, WED, "XYZ Ride," 5:30PM, Keister Elem., 15 mi, B/C pace. Leader: Mario Dennis(434-3521)
- 23, SUN, "Circle or Square Ride," 1PM, Keister Elem., 30-40 mi, B/C pace. Leader: Eleanor Price (433-8539)
- 25, TUES, "Time Trial," check with Bruce to confirm time(433-8977)
- 26, WED, "Advent of Autumn Ride," 5:30 Keister, 10-20 mi, B/C pace. Leader: Dave "grizzly bear" Lewis (867-5363)
- 30, SUN, "Half Century Ride," 10 AM, Keister Elem, 50 mi, B/C pace. Leader: Mario Dennis (434-3521)

OCTOBER

- 2, TUES, "Time Trial," tentative, check with Bruce(4338977) for details
- 3, WED, "Beth's Birthday Ride," 5:30PM, Keister Elem, 15 mi, D pace. Leader: Beth Phillips(433-3419)
- 6, SAT, SUN, "2nd Highland Retreat Overnight," see newsletter for details, contact Debby Phillips(433-3419)
- 9, TUES, "SVBC October Meeting," 7:30PM, Hburg Nat'l Guard Armory.
- 21, SUN, "Second Annual No Quiche Mountain Century," 7:30AM, Waterman School. Leader: Dave Lewis(867-5363)

\*\*\*SVBC RIDE CODE\*\*\*

- Class A - for strong, experienced riders, 25 to 100 miles at 14 to 22 mph. Few if any stops, expect difficult terrain.
  - Class B - consistent pace, 15 to 60 miles at 12 to 16 mph. Some hills likely. For the competent cyclist. Some stops.
  - Class C - for average riders, 10 to 35 miles at an average pace of 8 to 12 mph. stops definitely included - hills kept to a minimum.
  - Class D - a ride of 5 to 15 miles on any type of well-maintained bicycle. Frequent stops, easy terrain, less than 10 mph average.
  - Class E - Leisurely, slow paced, family rides. all ride together as a group.
- No classification scheme is perfect. If you ever have a question about a ride, contact the ride leader.

\*\*\*UPCOMING EVENTS IN AND AROUND VIRGINIA\*\*\*

- 23, Accokeek, MD, "PPTC Century," 25, 50, 62, 100, 125 mile rides. contact Potomac Peddlers Touring Club, 301-249-7915
- 23, Boiling Springs, PA, "Bubbling Century," 100 mi, Harrisburg Bicycle Club, 717-921-2819
- 23, Lynchburg, VA, "7TH Annual Kaleidoscope National Century," 25, 50, 100 mile, Lynchburg Wheelmen, contact Art Fovargue for info (4339247)
- 30, Shelby, NC, "King Cotton Metric Century," 100 km, contact Foothill Cyclists, 704-482-6512

Patch Rides

\*\*\*SEPTEMBER RIDERS EARN NATIONAL CENTURY PATCHES\*\*\*

Thousands of cyclists throughout the U.S. will reach a goal this September - They'll ride a century, 100 miles, in 12 hours or less. To those who haven't done it, it may sound fantastic. And yet 10,286 cyclists earned century patches during September, BICYCLE USA's National Century month, in 1983.

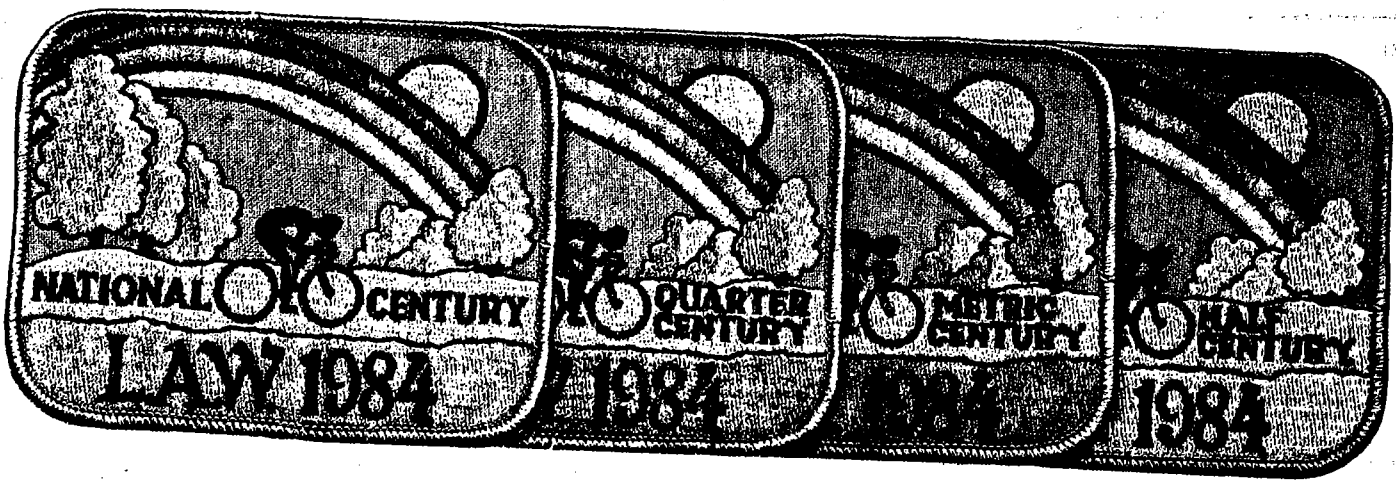
If a full century sounds a bit much, cyclists can do one of the other National Century Month distances to qualify for an equally colorful patch.

National Quarter Century patches are awarded to persons riding 25 miles in less than three hours; Half century, 50 miles in less than six hours and Metric Century, 100 kilometers in 7.5 hours or less.

1984's National patches depict a cyclist skimming along beneath a multi-colored rainbow with a blue sky and a cheerful sun in the background. The distance ridden is embroidered on the patch.

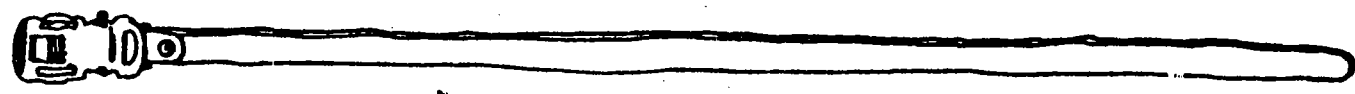
Last year, riders earned 3276 quarter century patches, 4889 half century patches and 2764 metric century patches. And this was just for National Month - September. Patches for other months are called sanctioned patches, and are available only through BICYCLE USA affiliated clubs.

source: BICYCLE USA, Aug, 1984)



\*\*\*DR. BIKE ON VACATION\*\*\*

After a strenuous three months of as coach of the U.S. Urban Cycling team, Dr. Bike is taking a well deserved vacation. Although news coverage of the urban cycling event was limited, it appears that Dr. Bike and the team did fairly well. The most outstanding performance by an American in this event was by Lucy Spokes, who claimed the bronze medal in the biathlon event. Lucy was able to eat 13 bean tacos while changing three tires (two tubulars) in a period of fifteen minutes during LA rush hour traffic. Dr. Bike should return from his vacation by the October newsletter, that is, of course, assuming that he can manage to find his way out of the California vineyards.



Ride Calendar