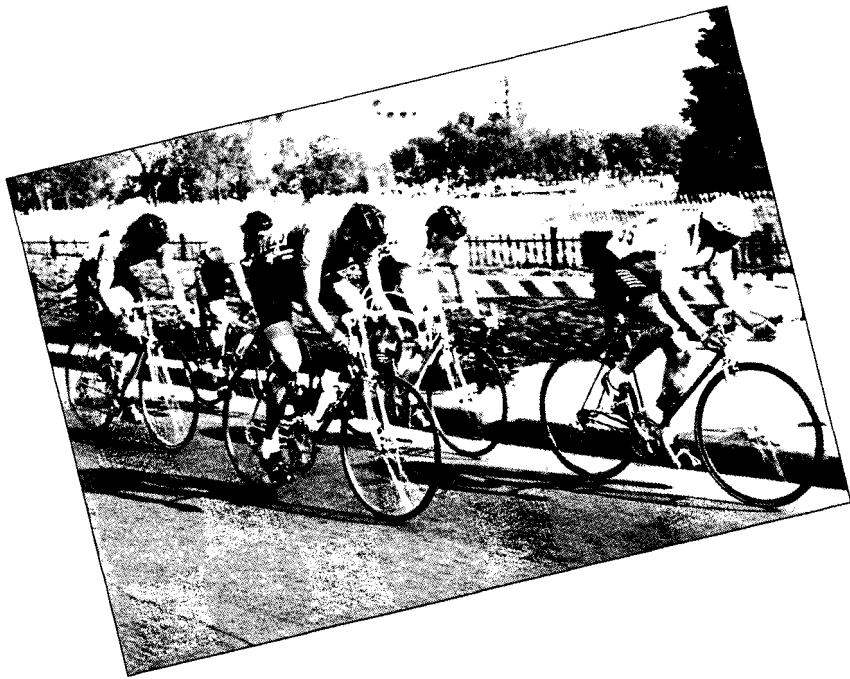


EIGHTEENTH ANNUAL

# NATIONAL CAPITAL OPEN

Washington, D.C. 1986



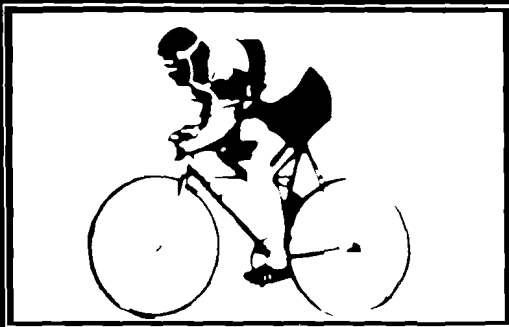
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## Promoters

National Capital Velo Club  
Bicycle Federation of America

## In Appreciation

We wish to express our appreciation to the many individuals and organizations whose efforts and support have contributed to the success of this event. Our special thanks go to the National Capital Parks, D.C. Metropolitan Police, D.C. National Guard, and the D.C. Chapter of the American Red Cross.

# National Capital Open Sale

Best of Luck  
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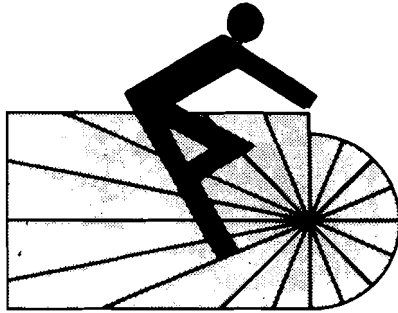
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## **Background on bicycle racing**

Bicycle racing—one of the most popular sports in the world—comes to Washington in 1986 in the 18th National Capital Open.

The District of Columbia's annual premier bicycle racing event, the NCO, features top professional and amateur racers, including national champions and world-class athletes, competing for more than \$10,000 in cash and prizes.

The National Capital Open is a criterium, a race held on a short course with many laps. Racers in various categories will circle the Ellipse, a one kilometer course, for total distances of 10 to 60 km. Their fast and frequent passage makes this kind of race a favorite of both spectators and riders.

The number of bicycle races in the U.S. has grown three-fold in the last ten years. Some 20,000 licensed amateur racers compete annually in more than 1,000 races sanctioned by the U.S. Cycling Federation, which governs amateur bicycle racing in the U.S. Some 80,000, mostly younger riders, compete at some 700 bicycle motocross (BMX) tracks.

The sport has traditionally been divided into road and track events, and within each of these are many specialized events requiring varying skills and temperaments. In the last few years, bicycle racing has broadened to include not only BMX, but also ultra-marathon events such as the Race Across AMerica, and off-road races on all-terrain bicycles. Many cyclists also enter the 2,000 triathlons held in the U.S. each year.

The current crop of American racers, and the U.S. Olympic cycling victories in 1984, have ignited a new enthusiasm for racing.

The gold medals captured by Connie Carpenter, Alexi Grewel, Steve Hegg and Mark Gorski marked the first time Americans have won Olympic cycling medals since the turn of the century. U.S. cyclists also netted three silver and two bronze medals, making for a true U.S. Olympic cycling revival.

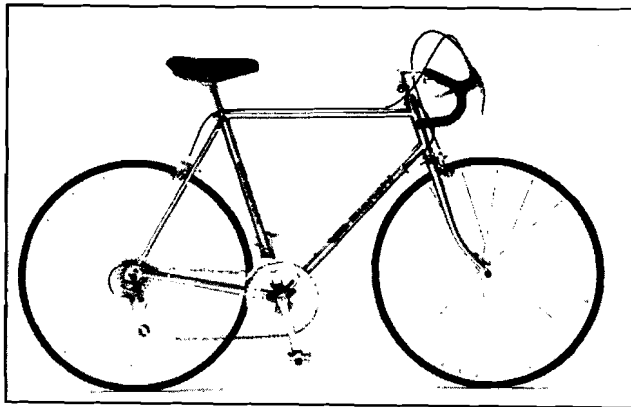
This year, for the first time since 1912, the United States will host the World Cycling Championships. At least 50 countries are expected to send teams to Colorado Springs for the Aug. 27—Sept. 6 road and track events. The Worlds are one of the biggest annual gatherings in any sport, and their American location shows that U.S. bicycle racing has earned the stamp of international approval.

Besides racing, bicycling is popular with some 78 million Americans who ride for recreation, transportation, physical fitness, vacations and just plain fun. Bicycling, a versatile, economical, and healthy lifetime activity for people of almost any age, is the second most popular outdoor sport in America (just after swimming). Almost anyone can enjoy bicycling.

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## How to watch a bike race

As you watch the race, look for individual and team strategies, which often help achieve victory over stronger or faster riders.

Look for racers drafting—riding behind others who cut the wind for them. Riders will often cluster together in a group—they can ride faster when they trade-off in taking the lead. The faster the pace, the harder it becomes to maintain the lead for a long time, so the lead in a long race will change often.

Individual decisions are influenced by overall team tactics designed to snare a team victory. Sometimes riders have to sacrifice themselves for the team. They may have to create a slipstream (block the wind) for a teammate, block opponents so a teammate can breakaway, or tire out the competition so a fresher teammate can forge ahead to the finish line.

The best place to watch the race at the beginning is near the starting line, which is the only time all the racers are together. The blur of color flashing

by as the racers accelerate is a high point of any race. You'll also hear some of the riders introduced, so you can associate names with faces, or at least with their numbers.

As the race progresses, you'll find action on the corners, as the racers brake and turn close together.

Prizes called primes (pronounced preems) are awarded to the winners of certain designated laps during the race. Prime laps heighten the excitement because they're really short races within a race.

During the race, take time to walk around the course and see how the racers perform on the various turns. Don't cross the course though, because racers will be coming by fast and often.

Toward the end of the race, a good spot is at the finish line or somewhat before it. You'll find action anywhere along the last 500 feet as racers sprint for the finish.

## The race officials and what they do

**Bicycle racing**, like other sports, needs officials. They keep track of cyclists' times and behavior on the course and help ensure a fair and accurate finish. They've passed a long and detailed test, and are trained to sort out the place and time of every rider. Well-trained officials may go unnoticed by spectators, but they're out there, keeping track of things with the help of computers, watches, calculators, photo timers and radios.

**Chief referee:** makes sure the course is safe and that the riders' clothing, equipment and conduct is within the rules, that prizes are awarded as promised and that all the other officials do their jobs.

**Chief judge:** responsible for making sure that the final times and placings are correct for each rider and team.

**Referees:** closely watch the race and report to the chief referee.

**Scorers:** keep track of each rider's location during the race.

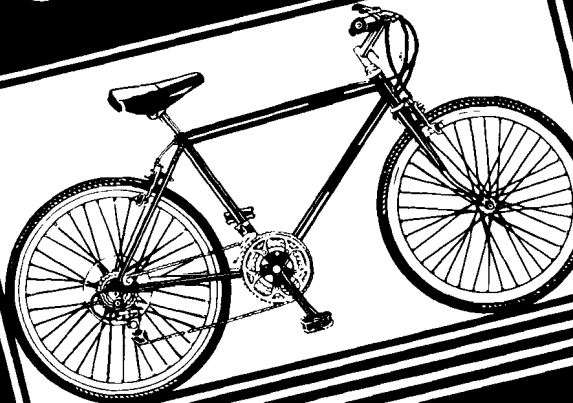
**Photo timer:** reliably places hundreds of riders without error. Their cameras can pick up any number of places to one thousandth of a second apart or one quarter of an inch difference at speeds up to 60 mph.

The people around the course wearing T-shirts marked MARSHAL are members of area bike clubs who have volunteered to help with the race, especially with crowd control.

Please follow their instructions. They're helping to keep the course safe for racers and spectators.



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*For registration information contact:*

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## 7-Eleven Cup Series

The National Capital Open is part of a 30-race tour called the 7-Eleven Cup Series, which started in Miami Feb. 9 and will end with the finals in Dallas Oct. 18 at the Texas State Fair.

It's sponsored by the Southland Corporation, the owners and operators of 7-Eleven stores.

Cyclists follow a grand prix format, battling each other throughout the season for points. For cyclists to qualify for the overall 7-Eleven

Cup Series title, they must participate in three stage races and ten one-day races. At the Finals, the overall winners in the men's and women's categories will be awarded one of the largest purses in cycling. More than \$80,000 will be distributed to the Series top riders.

For more information, contact Sean Petty, The Southland Corporation, 2828 N. Haskell Ave., Box 719, Dallas, TX 75221, 214/826-8520.

## The USCF, NCVC and Bicycle Federation

Amateur bicycle races in this country, such as the National Capital Open, are governed and sanctioned by the 20,000-member United States Cycling Federation. Local USCF-affiliated clubs, such as the National Capital Velo Club, sponsor many types of races leading up to State, National and World championships.

The National Capital Velo Club, with some 200 members, is the largest and most active racing club in the Washington area. It publishes a monthly newsletter, teaches, encourages and promotes competitive cycling and supports all aspects of bicycling. Membership is open to anyone interested in bicycle racing.

The NCVC offers a varied program of training and competition, including time trials, track, and criterium races, for riders at all levels of ability. Besides the NCO, the club sponsors open events which attract riders from throughout the country.

For further information, contact the NCVC Secretary, Leon Moore, 4012 Wexford Dr., Kensington, MD 20895, 301/946-2642.

The Bicycle Federation of America is a national nonprofit organization which encourages increased safe bicycle use for transportation, recreation and sport. It promotes bicycling through news media, special cycling events, and educational literature.

It publishes Pro Bike News, a monthly newsletter for bicycle program specialists and other interested cyclists, and a Directory with the names and addresses of more than 600 bicycle program specialists, advocates, engineers and industry representatives.

For more information, contact the Bicycle Federation of America, 1818 R St. NW, Washington DC 20009, 202/332-6986.

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## SCHEDULE OF EVENTS

National Capital Open

May 4, 1986

The Ellipse

8:00—noon	Registration	
8:30 a.m.	Juniors, ages 9—11	5km
8:30 a.m.	Juniors, ages 12—13	10km
9:00 a.m.	Juniors, ages 14—17	15km
9:30 a.m.	Senior IV	20km
10:30 a.m.	Senior III	25km
11:30 a.m.	Veterans	25km
12:30 p.m.	Women B	15km
1:00 p.m.	Women A	25km
2:00 p.m.	Pro/Senior I & II	60km

## Past National Capital Open Winners

	Men		Women	
1985	H. Nitz	Calif.	E. Davis	N.J.
1984	M. Eaton	Pa.	E. Davis	N.J.
1983	B. Donaghy	N.J.	K. Strong	Canada
1982	S. Bauer	Canada	R. Twigg	Colo.
1981	B. Donaghy	N.J.	K. Strong	Canada
1980	B. Donaghy	N.J.	E. Davis	N.J.
1979	H. Nitz	Calif.	E. Davis	N.J.
1978	W. Stetina	Ind.	K. Strong	Canada
1977	J. Lovell	Canada	M. Reoch	Pa.
1976	I. Jackson	Australia	M. Reoch	Pa.
1975	S. Woznick	N.J.	M. Reoch	Pa.
1974	S. Woznick	N.J.	M. Reoch	Pa.
1973	S. Woznick	N.J.	E. Dorsey	Va.
1972	J. Zamo	France		
1971	D. Martin	N.J.		
1970	(not held)			
1969	B. Phillips	Baltimore		



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Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City State Zip \_\_\_\_\_

Phone: \_\_\_\_\_ (Home) \_\_\_\_\_ Office \_\_\_\_\_

Number of Cycling Members (if Family Member) \_\_\_\_\_

What class ride do you generally go on? (please circle)

- a. You?                    A+    A    B    C    D  
 b. Another person using membership if family?    A+    A    B    C    D

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PPTC is an all-volunteer organization. We cannot function without the assistance of many members. Please circle categories where you and/or your family members can help with various PPTC activities. This information will be added to the PPTC Data file.

- |                         |                       |   |                               |
|-------------------------|-----------------------|---|-------------------------------|
| 1. Leading rides        | 5. Reference Book     | 9. Welcoming Committee  | 11. Other areas not mentioned |
| 2. Ride layout, mapping | 6. Mailings           | 10. Non-cycling jobs at club events (registration, sag wagon, etc.) | 12. Any area where I can help |
| 3. Seminars & workshops | 7. Artwork, graphics  |   |                               |
| 4. Pedal Patter         | 8. Legislative Action |   |                               |

# Washington area bicycling resources

## Cycling Organizations

*Opportunities for recreational cycling, for individuals or families, abound in the D.C. area.*

The largest bicycle club in the U.S., the Potomac Pedalers Touring Club, offers a variety of rides for cyclists of all ages and abilities, year-round.

For more information, contact PPTC at Box 23601, Washington, DC 20026, 202/363-TOUR.

Tours are also run by the Potomac Area Council, American Youth Hostels, P.O. Box 28607, Washington, DC 20038-8607, 202/783-4943.

The Washington Area Bicyclist Association is an activist organization working to improve cycling conditions and opportunities in the area.

Contact WABA at 530 Seventh St. SE, Washington, D.C. 20003, 202/544-5349.

Arlington County Bicycle Club  
 Thomas Jefferson Community Center  
 3501 South Second Street  
 Arlington, VA 22204  
 Ray Tachoir (276-7751)

Oxon Hill Bicycle & Trail Club  
 Box 81  
 Oxon Hill, MD 20745  
 Win Barber, Pres. (839-5339)

Reston Bicycle Club  
 P.O. Box 3389  
 Reston, VA 22090

Whole Wheel Velo Club (323-7803)  
 c/o Bicycle Exchange  
 9514 Main Street  
 Fairfax, VA 22031

MD Assoc. of Bicycle Organizations  
 10353 Maypole Way  
 Columbia, MD 21044  
 Jim Tordella, President (301/997-2863)

VA Bike Federation (Ellen Famham)  
 P.O. Box 25223  
 Richmond, VA 23260

## Washington Area Bike Coordinators/Planners

Alexandria City	Buffy Brownstein	838-4999
Bowie	Jim Cronk	262-6200
Council of Gov'ts.	Chris Neumann	223-6800
DC Public Works	Tom Pendleton	939-8016
Fairfax City	Lisa Asch	385-7858
Fairfax County Trails	Yasmine Anderson	691-3406
Fairfax Co. Park Auth.	Kirk Holly	941-5000
Falls Church	Kenneth Burnett	241-5077
Gaithersburg	Betty Dash	926-1100
Greenbelt	Hank Irving	474-6878
Hemdon	Don Thompson	241-5066
Montgomery Co. DOT	Herb Burgess	251-2145
Montgomery Co. Park & Planning	Joe Anderson	565-7388
Prince Georges Co. Park & Planning	Bruce Hancock	952-3521
MD DOT	Richard Davis	(301) 659-1663
MD Bikeway Prog.	Bike Hotline	(301) 659-1663
Nat'l Park Service	Tom DeHaven	523-5556
N. VA Regional Park Authority	Rodney Pryor	437-1910
N. VA Transportation Commission	Edward Barber or Marlene Politano	524-3322
Prince William Co.	Tom Blaser	631-1703
Rockville City	Ray Palfrey	424-8000
Takoma Park	Belle Ziegler	270-4048
Vienna	James Grant	938-8000
VA Dept of Highways & Transportation	Richard Lockwood	(804) 786-2964
EPA	N. Dianne Rowe	382-7756
US DOT	Camille Mittelholtz	426-4366

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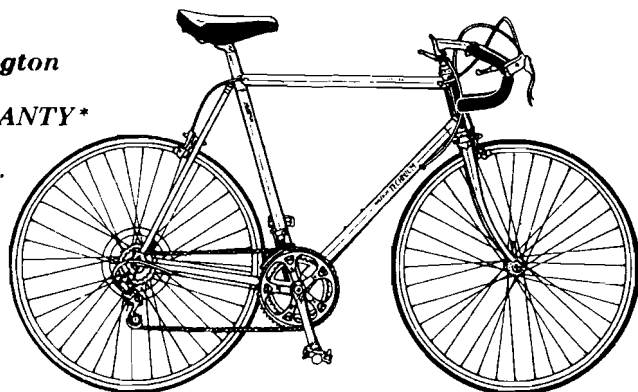
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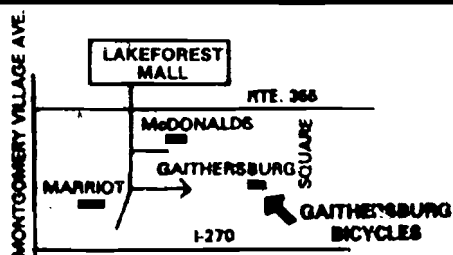
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## Washington area bicycling resources

### Local maps and guides

*Bicycle Routes in the Washington Area*; Information Ctr., Metropolitan Washington Council of Governments, 1875 I St. NW, Washington, DC 20006, 202/223-6800, ext. 230. \$5.00 postpaid. Shows signed on-road as well as off-road routes and other recommended routes in the D.C. area.

*Greater Washington Bicycle Atlas*; Potomac Area Council, American Youth Hostels, Box 28607, Central Station, Washington, DC 20038-8607, 202/783-4943. \$7.95 postpaid. Contains maps and narratives for rides of varying lengths in D.C., Va., W.Va., Md., Pa. and Del.

*Getting Around Washington by Bicycle*; Office of Documents, Room 19, District Building, 14th St. & Pennsylvania Ave., NW, Washington, DC 20004, 202/727-6561. \$3.00 postpaid. Eight maps showing on- and off-street bike routes and rating streets for cycling suitability. River-crossing and tourist-type information is included.

*Washington, D.C. Street Map*; D.C. Department of Transportation, Room 519, 415 12th St NW, Washington, D.C. 20004. Send a 7" by 10" envelope with 98 cents postage. Besides all DC streets, this maps also shows both on- and off-street bike routes and gives information of interest to tourists.

*Cycleways books*; Cycleways, Inc., P.O. Box 5328, Takoma Park, MD 20912. Available in area bike shops. See next column for prices. Mail orders: MD residents add sales tax. Everyone add \$1.00 for first book plus \$.50 per additional book. They show

mostly loop routes, generally between 20 and 40 miles long:

*Cycleways I*: 26 rides in Montgomery & Howard Counties, Md. \$4.00.

*Cycleways II*: 68 rides in Northern Va. \$6.95.

*Cycleways III*: 82 rides in Central and Southern Md. \$6.95.

*Chesapeake and Ohio Canal Map*; C & O Canal National Historic Park, Box 4, Sharpsburg, MD 21782. Free. A map of the 185 mile long trail from Georgetown to Cumberland giving visitor information.

*Arlington County Bike Trail*; Arlington Department of Community Affairs, 300 N. Park Dr., Arlington, VA 22203, 703/558-2426. Free. A map of an off-road route from Jennie Dean Playground to East Falls Church.

*Mount Vernon Trail*; Superintendent, George Washington Memorial Parkway, Turkey Run Park, McLean, VA 22101. Free. Shows a 17-mile bike/hike trail from the Lincoln Memorial to Mount Vernon.

*Washington and Old Dominion R.R. Regional Park Trail Guide*; Northern VA Reg. Park Auth., 5400 Ox Rd., Fairfax Stn, VA 22039, 703/352-5900. \$3.00 ppd. Map of 27 mile long trail from E. Falls Church to Purcellville.

*Bikeway Map of Arlington and I-66/Custis Bike Trail*; Public Works Planning, 1400 N. Court House Rd., Room 221, Arlington, VA 22201, 703/558-2941. Free. This map shows a commuter bikeway network and a bike trail paralleling I-66.

*Montgomery County Bike Map*; call Herb Burgess, Montgomery Co. DOT, 251-2145.



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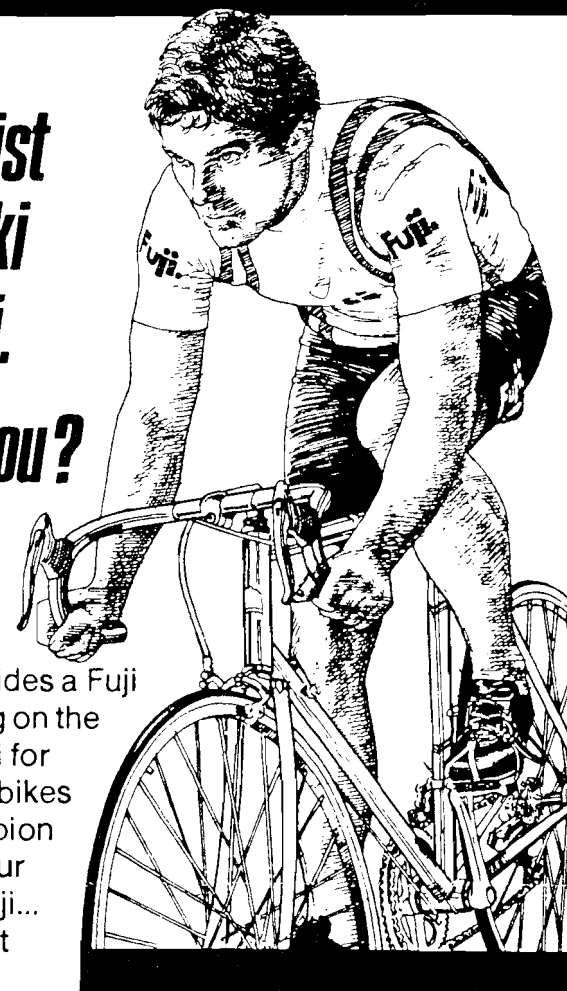
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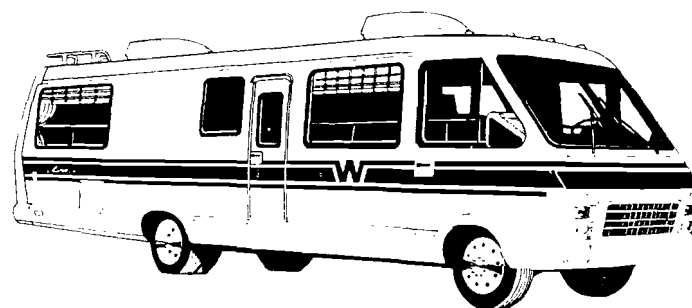


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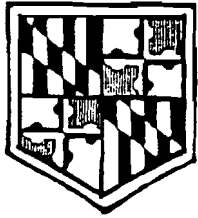
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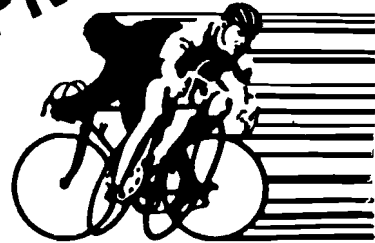
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GREENBELT PARK

# BICYCLE RACES

Open to Anybody – Classes for ALL Ages & Abilities

**Course:**

1.5 mile loop with one mild left turn. Smooth asphalt. Gently rolling. Traffic will be blocked or monitored.

**Location:**

Greenbelt Park is located on the Capital Beltway (I-95) just west of the Baltimore-Washington Parkway. Park entrance is on Greenbelt Road (MD 193) between the Parkway and Kenitworth Avenue (MD 201) (I-295 extended).

**Registration:**

All riders report to Molly picnic area to register. This is the start-finish area and can be used for auto parking. \$1 fee per race will be charged to help cover prizes.

**Safety:**

All bicycles will be subject to a safety inspection by a professional bicycle mechanic. USCF rules apply.

**Rules:**

Road (freewheel) bikes only, one working brake per wheel. Helmets required for all participants.

Classes	A	B	C	A, B (Novice)
Laps: (Max):	15	10	7	4, 2
Miles:	22.5	15	10.5	6.3

**Prizes:**

Will be merchandise and certificates to be awarded for winners and given out on the last race of the series, for accumulated series placings.

**Information:**

Larry Black . . . . . (301) 864-2211  
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*Best of Luck to All Riders!*

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