

December 1971

THE CAPITAL VELO CLUB BULLETIN

ITEM This is the first issue of your club bulletin. We'll try to get one on the road each month about this time to keep you up to speed on club activities and ideas. If you have an item of general (or specific) interest, pass it on to one of the officers.

CLUB TRAINING RIDES Until daylight saving time resumes in the Spring, club training rides will take place on Sundays. Rides will begin on the east side of Chain Bridge at 9:30 A.M. Roadside parking is available on the Virginia side of Chain Bridge Road. Riders can group according to ability and decide on route, distance and type of training. In the Spring a complete schedule will be published, including coaching sessions for novice riders.

TRAINING TIPS Enclosed you'll find two sections of a training chart. Put 'em together and see how the European riders do it. Study carefully and then go out and start getting in shape for next season. There is valuable advice, particularly on what you should be doing NOW! Start January physical activity immediately. Get a road bike configured with fixed gears as soon as possible. Notice how low a gear you'll want to ride early in the season.

ROLLER PRACTICE Starting December 7, roller practice will be held each Tuesday evening at Peter Stevens' house, 6512 Callander Drive, Bethesda. The time -- 7:30 to 9:30 P.M. Bring rollers and track bikes if you have them...or road bikes with fixed gears. Towels and sweats are recommended; you'll generate a lot of heat. Call Pete at 229-3879 for directions to his house.

CLUB JERSEYS This is a message in two parts.

Good news first! We have fifty jerseys on order, with delivery expected in time for the outdoor season. Details on sizes, prices, etc., later.

Now the bad news. Vic Genez is faced with two problems in making final payment for jerseys sold this year. Purchase records are incomplete...and nobody is sure who bought each of the 19 jerseys received. Secondly, the amount originally collected was not sufficient to cover the actual cost -- \$10.33 each. Will all members with jerseys advise Vic and make arrangements to pay the difference if less than the full amount was paid?

CLUB BANQUET Hold Sunday, February 13th open! The club banquet will be held on that date, in conjunction with the Chesapeake Wheelmen, at the Barn Restaurant in Columbia. Awards for the autumn series will be presented at that time. Details later.

RESULTS OF AUTUMN SERIES

<u>Class A</u>	<u>ABL</u>	
1. Chris Meermaan	Sr	McLean Cycle Club (McL)
2. Ron Fuller	Sr	Chesapeake Wheelmen (CW)
3. John Dunker	Sr	CW
3. Lon Space	Jr	Capital Velo Club (CVC)
4. Chris Rose	Jr	McL
4. Josh Andrew	Sr	CVC
5. Bob Fisher	Sr	CVC
6. Willy Milner	Jr	CVC
7. Mary Jane Reoch	Sr	Pennsylvania Bicycle (PBC)



Class B

1. Ken Sorensen	Int	CW
2. Don Griswold	Jr	CW
3. Todd Bachran	Int	CW
4. Tim Wurth	Jr	CW
5. Pat Leach	Jr	CVC
5. Paul Sorensen	Int	CVC
5. John Odden	Jr	CVC
6. Harry Leusenkamp	Vet	CW

Class C

1. Sandy Brenner	Jr	
2. Erik Dubbe	Jr	Woodward Wheelmen (WW)
3. Richard Allen	Jr	
4. Brad Holtz	Jr	
4. Mike Babson	Jr	
5. Wes Ratliff	Jr	
6. Johnathan Jacobs	Jr	
6. Remmert Laan	Jr	CVC
6. Mark Blankley	Jr	

- * 1st Woman - Mary Jane Reoch
- * 1st Junior - Lon Space
- * 1st Int - Ken Sorensen
- * Fastest Race - Chris Meermaan

PIPE DREAM? Imagine a series of roller races at each major shopping center in the area...each Saturday...local winners finally competing in a grand championship!...classes for registered and unregistered riders! Possible? Yes, with backing from a major store and one radio station and a lot of support from all concerned. Something like this could attract more new riders in a shorter time than anything else we could possibly do. Obviously there are a lot of details to be worked out, but is worth thinking about. Adult volunteers are needed!

JANUARY MEETING . Monday, January 3rd at Guy Mason Recreation Center, 3600 Calvert St., NW. P.S. We need a new meeting place. Ideas?

