



National Capital Velo Club

P.O. BOX 14004, BENJAMIN FRANKLIN STATION, WASHINGTON, D. C. 20044

April 1974

PRESIDENT

Paul Lenz
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VICE-PRESIDENT

Stephan Dolezalek
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TREASURER

Al Dubbe
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765-4395

The April club meeting will be held at 7:30 pm on April 8 at the Park Police Headquarters in East Potomac Park. P. Lenz, as club president, has created a new membership class, that of honorary membership, to be bestowed on a lifetime basis. Initial recipients of this membership, in appreciation for their contributions to the Velo Club over the years, are:

Mel Pinto
Mike Schwaring

Oliver (Boots) Ward
Hank Whitney

For the first time, the Velo Club now has the benefit of an experienced professional trainer who will be working with club members. Franklin Placeres comes highly recommended by those who have been working with him over the past few weeks. He will be charging \$50 per month to train a rider on a full time basis or less on a negotiated basis for part time training. If you wish to train with Franklin, call him at 671-8312 to set up an appointment. Among other observations, he has noticed that few club members have their bikes properly set up for efficient riding.

You are reminded that training on the parkway is illegal. Park police have been enforcing the law, so find another place to train. It is also recommended that you not ride alone on the area bike paths. Several riders have been either involved in accidents or assaulted while riding the bike paths, and you will find greater safety in numbers. The bike paths are not a place for training since the speeds normally involved are unsafe on most of them.

The race schedule for April is as follows:

- April 7 Midget Time Trial, Princeton, N.J.
- April 14 Int. Time Trial, Princeton, N.J.
- April 21 National Capital Open, Washington, D.C.
- April 21 Junior Time Trial, Princeton, N.J.
- April 28 1st Rock Creek Race, Rock Creek Park
Time Trial, Jacksonville, Md.
Team Time Trial, Princeton, N.J.
Newton Criterium, Newton, Pa.
(Int., Jun., & Cat. III only)

If you are traveling to any out of town races, please arrange to pool transportation by contacting R. Sitterly. Applications for the NCO are being mailed separately. You should receive yours soon. If you are participating in the "Bike Ride for the Retarded" on April 21st, arrange with your sponsor to put in your miles during the week to leave you free to ride the Open.

Found: Awatch at the time trials. You may claim it by calling P. Lenz and identifying it.

Results of the 1974 time trials are listed below. There were over 150 participants in the event this year.

Senior

1.	S. Six	25:11
2.	M. Reoch	26:06
3.	J. Reoch	26:13
4.	D. Hammond	26:15
5.	D. Reiger	26:18
6.	T. Cagle	26:20
7.	C. Meerman	26:25
8.	J. Collins	26:56
9.	R. Morris	26:57
10.	N. Huber	27:01

Junior

1.	J. Hobbs	27:07
2.	G. Gingell	27:49
3.	A. Mrozinski	28:32
4.	J. Werth	29:08
5.	D. Medin	29:13
6.	H. Lukens	30:26
7.	G. Werth	32:37

Veteran

1.	C. Cook	27:42
2.	C. Grossnickle	27:44
3.	A. Singer	28:53
4.	R. Sherrick	29:38
5.	J. Phillips	30:44

Intermediate

1.	C. Dolezalek	34:16
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Midget

1.	M. Dubbe	17:34
2.	G. Collins	21:52
3.	C. Cagle	23:43

The times listed are the average of the best three rides of the series.