

J A N U A R Y A C T I V I T I E S

- 5 SUNDAY NCVW WINTER TRAINING RIDE, MD. Meet at Wildwood Shopping Center, corner of Democracy Blvd, and Old Georgetown Rd., at 10 AM. Terrain, distance, pace will depend on weather and riders. Contact Jerry Collins, 493-6214.
- 5 SUNDAY NCVW WINTER TRAINING RIDE, VA. Meet at Lake Ann Garden Center, Reston at 11:30 AM. Terrain, distance, pace will depend on weather and riders. Directions: from Tyson's Corner west on Rt. 7 to a left on Rt. 606; left at second traffic light, park behind Reston information center. Contact Frank Pabian, 620-3599.
- 5 SUNDAY TRACK BIKE RIDE, PPTC CLASS A. Meet at Parole Plaza Shopping Center at 10 AM. Terrain flat to rolling, about 50 miles. Gear should be between 65 and 75. Directions: Rt. 50 east to Rt. 2 (Annapolis-Parole), into shopping center. Park near Sears. Leader Ellen Dorsey, (301) 768-4837. (Track bikes must have one working brake.)
- 8 WEDNESDAY JANUARY MEMBERSHIP MEETING. Park Service Headquarters, East Potomac Park, at 7:30 PM. See meeting agenda elsewhere in this newsletter. Meeting will end at 9:30 PM.
- 11 SATURDAY BELTSVILLE AND BACK, PPTC CLASS A. Meet in Capitol parking lot at 9:30 AM. Terrain rolling, about 50 miles. Ride cancelled if snow on ground, chance of rain over 50%, or winds over 20 mph. Leader Vic Stotland, 546-0527.
- 12 SUNDAY NCVW WINTER TRAINING RIDE, MD. Meet at recreation center, Beach Dr. and East-West Highway, Bethesda, at 10 AM. Contact Jerry Collins, 493-6214.
- 12 SUNDAY NCVW WINTER TRAINING RIDE, VA. See 5 Sunday for details. Contact Frank Pabian, (703) 620-3599.
- 12 SUNDAY MONTGOMERY COUNTY, RPTC CLASS A. Meet at Montgomery County Airpark at 10:15 AM. Terrain moderate, 40 - 60 miles. Directions: Rt. 70S north to Gaithersburg, Rt. 124 east to airpark on left. Call if chance of rain over 50%. Leader Jim Hobbs, 530-2190.
- 19 SUNDAY NCVW WINTER TRAINING RIDE, MD. See 5 Sunday for details. Contact Jerry Collins, 493-6214.
- 19 SUNDAY NCVW WINTER TRAINING RIDE, VA. See 5 Sunday for details. Contact Frank Pabian, (703) 620-3599.
- 19 SUNDAY FAIRFAX COUNTY PPTC CLASS A. Meet at Thomas Jefferson H.S. at 10 AM. Terrain rolling, about 50 miles. Directions: Rt. 50 to Glebe, south on Glebe to 2nd St., east on 2nd to H.S. Leader Carl Knoettner, 892-2541.
- 19 SUNDAY PPTC WINTER TIME TRIAL, PURSUIT TRAINING. Montgomery County Auto Park, 2 - 5 PM. Course is exactly 1/2 mile, circular, closed to traffic. You may be timed for any distance you can complete by 5 PM. Be prepared to help time others. Contact: John White, 589-1897.
- 26 SUNDAY NCVW WINTER TRAINING RIDE, MD. See 12 Sunday for details. Contact Jerry Collins, 493-6214.
- 26 SUNDAY NCVW WINTER TRAINING RIDE, VA. See 5 Sunday for details. Contact Frank Pabian, (703) 620-3599.
- 26 SUNDAY MONTGOMERY COUNTY, PPTC CLASS A. Meet at Glen Echo parking lot, MacArthur at Goldsboro, at 10 AM. Terrain moderate, about 50 miles. Leader's biggest gear will be 70. Call if chance of rain over 50%. Leader Barbara Miles, 338-7180.

Reprints: Blake Powell wrote an excellent series of articles on winter training and conditioning for last year's newsletters. Anyone wishing copies of the complete series, contact Jerry Collins, 493-6214. Be sure to read the articles in the last issue of Cycle News, also.

Frank Pabian will be acting as assistant to the Road Captain for Virginia this year. For those who do not have it, Frank's new address is 2241 Cartwright Place, Reston, Va., 22091. Phone (703) 620-3599.

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1975 MEMBERSHIP APPLICATION

New
 Renewal

Regular \$10.00
 Associate 5.00
 Novice 5.00
 Family 15.00

P
F
I
N
T
Name _____
Address _____ Telephone _____
City _____ State _____ Zip _____
Date of Birth _____ Citizenship _____
Occupation _____
ABL of A License No. _____ Class _____ Category _____
Other Bicycling Affiliations _____

I am willing to help:
(check several)

- road guard
- start or officiate at races
- collect entry fees
- telephone
- do art work
- solicit advertisements
- aid with newsletter
- type
- address envelopes
- provide housing for out of town riders one night
- provide transportation to out of town races
- organize rides
- organize planned Club events

In consideration of the acceptance of my application for membership, I hereby agree to abide by the Constitution and By-Laws of the National Capital Velo Club, Inc., and do hereby waive, release, and forever discharge any and all rights and claims for personal injury or property damage I may have against said club or any of its officers, agents, representatives and/or successors, arising out of my traveling to or participating in any activity sponsored by said Club.

Signature _____ Date _____

Signature of Parent or Legal Guardian _____

Make Check Payable to NCV, Inc. and Mail Application with Proper Fees to:

Marie Morris, Membership Secretary
17 D Street, SE, Apt 2
Washington, DC 20003
(Phone 543-0435)

Article IV - NCVC Constitution - Membership in the Club

§1. Upon proper application, membership in the Club is open to all individuals who subscribe to the Aims and Objectives of the Club and accept the obligations of membership without regard to age, sex, race, creed, national origin or riding ability.

§2. All memberships are on a calendar year basis and may be renewed at the annual meeting and must be renewed before January 10 of the following year to maintain a continuous membership. Members who fail to renew in time must pay a \$5.00 reinstatement fee.

§3. All members may vote, hold office, enter Club races and participate in Club discounts.

§4. The following types of memberships exist:

Regular: A regular member must hold an ABL of A racing license. Regular members in good standing ride for the Club in ABL of A sanctioned races.

Associate: Associate members may participate in all Club activities but may not represent the Club in ABL of A open races.

Novice: For new riders in their first year of membership and for members holding a novice category racing license. Novice members may not participate in the Racing Team Program.

Family: For family members living at the same address and must include at least one actively participating parent. The family receives one copy of the newsletter and has two votes. For other NCVC activities the individuals are considered to be either Associate or Regular members as defined above.

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§5. Membership fees shall be as follows:

Associate	\$5.00	Regular	\$10.00
Novice	5.00	Family	15.00

§6. The basic duties of members shall be as follows:

- To conduct themselves in a manner consistent with the aims and objectives of the Club and with the rules of the ABL of A.
- To support Club sponsored races either by competing or by helping to organize or run the event.
- To wear the official Club jersey at all ABL of A sanctioned races with the exception of Club-sponsored local race series.

§7. An individual becomes a member in good standing when his or her membership application with the proper fee has been accepted by the Club. A member remains in good standing unless suspended by the Executive Committee. The grounds for suspension consist of non-payment of monies owed the Club, violation of the Aims and Objectives of the Club, or violation of ABL of A rules. An Executive Committee meeting considering a member's standing must be open and a member may appeal within five days an action of the Executive Committee to a special meeting of the Club. Such a meeting must be held within thirty days and the meeting notice must conform to Article VII, Section 2.

Officers continued from page 1

TREASURER: Peter Stevens, 6512 Callander Drive, Bethesda, Md. 20034.
telephone: 229-3879.
duties: sets the club budget, collects and disburses funds.

ASSISTANT TREASURER: Arthur Rudman, 2913 Tarragon Lane, Bowie, Md. 20715.
telephone: (301) 262-1333.
duties: assists the treasurer.

MEMBERSHIP SECRETARY: Marie Morris, 17 D St. S.E., Washington, D.C. 20003.
telephone: 543-0435.
duties: maintains membership records, collects dues, holds the mailing list for the club newsletter.

SECRETARY: Sean Dwyer, 5038 MacArthur Blvd., N.W. Washington, D.C. 20016.
telephone: 244-0448.
duties: handles all club correspondence, keeps records of club business meetings.

ROAD CAPTAIN: Jerry Collins, 10504 Montrose Ave., Bethesda, Md. 20014.
telephone: 493-6214.
duties: coordinates training rides and programs, plans, leads, appoints leaders for training rides, plans reports on training methods.

SENIOR RIDER REPRESENTATIVE: Roy Morris, 17 D St., S.E., Washington, D.C. 20003. telephone: 543-0435.
duties: represents all Senior riders in club matters, keeps information races and racers in all categories, attempts to keep riders informed of races, acts in advisory capacity to the racing team director. All women and veterans with Senior categories should so inform the Senior Rider Rep. (also Juniors).

JUNIOR RIDER REPRESENTATIVE: Ned Carey, 9704 Breckenridge Place, Gaithersburg, Md. 20760. telephone: 948-1968.
duties: represents all Junior riders in club matters, keeps information on races and racers, attempts to keep riders informed of races, acts in an advisory capacity to the racing team director.

WOMEN'S RIDER REPRESENTATIVE: Barbara Miles, 940 25th St., N.W., Washington D.C. 20037. telephone: 338-7180.
duties: represents all women in club matters, keeps information on races and racers, attempts to keep riders informed of races, acts in advisory capacity to the racing team director. Will also assist Veterans on request.

RACING TEAM DIRECTOR: Daniel Wagner, 11536 Highview Ave., Wheaton, Md. 20902. telephone: 933-9118.
duties: directs the racing team, selects and/or bumps riders for the team, sets a racing schedule for the team, budgets team expenses in cooperation with the Treasurer. All decisions of the Director concerning team selection may be appealed to the Board of Officers through the Rider Representatives only.

C L A S S I F I E D S

For Sale: DuraAce wheels - Piamme Red Label rims, four cross, front new, rear used a little, \$55.
DuraAce cranks - 42-52 chainwheels, \$55.
Mafac or Weinman brakes, \$12.
Raleigh Grand Prix frame with headset and bracket, 25 1/2 " \$35.
Call Charles Lima, 243-9557.

For Sale: Mercier Professional, 531 Dbtted frame, 22 1/2 ", Stronglight cranks, Tipo hubs, Universal brakes, \$250.
Call Adrian Engel, 656-1163.

For Sale: Woodrup track frame, 21", yellow with chrome, \$130.
Call Reuben Cahn, 363-9690.

For sale: Cinelli stem, 8 cm., \$10. Call Jerry Collins, 493-6214.

For Sale: Raleigh Professional frame with headset, \$120.
Call Barbara Miles, 338-7180.



NATIONAL CAPITAL VELO CLUB
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Washington, D.C. 20037



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Alexandria, VA 22306