



National Capital Velo Club, Inc.

georgetown cycle sport

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

*****MARCH 1977 CLUB MEETING*****

The March meeting will be held Monday, March 7, 1977 at Park Service Headquarters 1100 Ohio Drive, Hains Point. Major business will include the NATIONAL CAPITAL OPEN, the time trials, spring training, summer IBM, Rock Creek, a picnic, & MORE! Come early, 8 PM and leave as early as 9:30. If you need a ride, form a car pool or hop on your ten-speeder, but please come, your club needs YOU!

calendar

SPRING TIME TRIAL SERIES Every Sunday in March. 10 Miles, USCF Classes & Novice Start/Fin/Parking-lock 6, GW Pky.,Md. 8 AM Registration \$ 1.00 fee for month

TRAINING RIDE and/or INFORMAL SPRINTS or RACES 11 AM following each time trial Meet at IBM Course. Rides or races should leave by 11:30 depending upon time trial length.

MARCH 6 S.MIAMI CRIT. no details yet

MARCH 13 W. PALM BEACH RR. " "

MARCH 20 JACKSONVILLE TRAINING RACES TT. and CRIT. 9 AM

and next month.....a big Balto-Wash program.....

APRIL 16, SAT. TOWSONTOWNE GRAN PRIX 10 AM Novice; Vet-10 Mi.; Sr. III,IV- 15 Mi. Jr.-15 Mi.; Sr. I,II- 25 Mi. Mail \$2.25 to: Chesapeake Wheelmen Box 11354, Baltimore, Md. 21239

APRIL 17,SUNDAY-SUNDAY NATIONAL CAPITAL OPEN on the Ellipse Sr. I,II B.A.R. Junior B.A.R., Women B.A.R. All classes will be racing for National Record attempt and the race will be PRO-AM! More details at the March Meeting. \$ 2,100 Prize list!!!

★★ Results!

ROLLER RACES - The Georgetown Cycle Sport/Boots Ward roller races were a great success. We had between 10 - 25 participants each friday during January and February. A special thanks to Boots Ward, a life member & Veteran Racer for NCVC, for his effort to promote the sport of cycling, encourage younger riders, and tell the greatest jokes. NOW FOR THE RESULTS:

JANUARY 28

Feb. 4

Feb. 11

- 1. Charlie Frederiksen
- 2. Phillip Klinkon
- 3. Ken McCormick
- 4. Jim Bradford

- 1. Ken McCormick
- 2. Kevin Lee
- 3. Dana Castre
- 4. Don Ferrette

- 1. Jim Bradford
- 2. Ken McCormick
- 3. Larry Black
- 4. Ray Barbehenn

I B M LOW GEAR SERIES Overall Results

A CLASS

B CLASS

C CLASS

NOVICE

- 1 J. Bradford
- 2 G. Fetterman
- 3 D. Castre
- 4 R. Barbehenn
- 5 E. Slaughter
- 6 C. Cressy
- 7. N. Carey
- W. Forlifer
- 8.K. Lee

- Gil Clark
- J. Woodburn
- J. Johnston
- T. Witkop
- Nugent,Cotrell,
- Fleisher, Mattes
- C. Frederiksen
- D. Scott, A. Blin

- A. Baldwin
- L.Knight
- A. Margolies

- J. Levine
- C. Parker
- J. Billington
- D. Riggs
- J. Strong
- M. Serbu
- A. Finn,P.Wells
- B. Silsby

P.S. As you know, IBM has been a great success for NCVC and all the riders, and this time it was due to a terrific effort by Blair Slaughter. This was Blair's first voluntary job for the club besides supporting his brothers' habits for the past decade. We need just a few more efforts like Blair's by friends and families. Also a big thanks to Georgetown Cycle Sport of Bethesda for the Prize List.

CLUB OFFICERS

- | | |
|---|---|
| PRESIDENT - Mike Butler (301) 588-4571 | WOMEN'S RIDER REP - Laurie Wigel 881-5394 |
| VICE PRESIDENT - Larry Black (301) 277-2555 | MEMBERSHIP SECRETARY - John Prehn, Work 659-1997, Home (301) 268-3477 |
| SECRETARY - Sandy Ward (301) 270-1504 | |
| TREASURER - Paul Lenz (703) 591-3881 | |
| SENIOR RIDER REP - Alan Rashid 229-0346 | |
| JUNIOR RIDER REP - Bruce McFarland (301) 265-1254 | |

GEORGETOWN CYCLE SPORT of D.C.

As many cyclists know already, the M. Street location of Georgetown Cycle Sport has gone out of business. The shop was started in 1972 by Mike Schwing, a racer for NCVC and now one of the four life members. Mike began with a few frames, some spare parts, and \$700 capital. Mike worked hard to promote bike racing in the area, sponsoring races with his shoestring budget, helping young riders on their way up, and employing drifting racers who could do nothing outside of bike repair and sweeping floors.

On his busy weekends in the shop, Mike saw to it that the riders could get to the out of town races and that their bikes were ready to go, leaving himself understaffed, with only the reward of a small trophy or medal to put in the showcase, and some dirty racing machines to get ready for the next weekend. Racing business boomed, and Mike found himself still undercapitalized, so Dan Wagner quit his Detective position with Metropolitan Police and went to work full time for Georgetown, giving Mike a substantial investment. They took on family-type bicycles and business increased, still specializing in hard to get frames and racing components. After a few years things got very busy and Milt Sager and Larry Black quit their jobs and came to Mike's aid. When the calling came for club sponsorship, Georgetown Cycle Sport answered, supplying the entire team with bikes, equipment, and money, as well as constant volunteer help at all events. The riding improved and wins increased all over the country by our riders, mainly as a result of the sponsorship.

In the past couple of years, business trends began to change. More dealers began to carry racing equipment, and mail order houses and non-servicing basement operations and car-trunk hucksters jumped on the market. Loyalties began to fade and Mike lost many customers. Dan Wagner bought the Bethesda Georgetown Cycle Sport store from Mike in 1976 and intends to support the club along with Larry Black, his partner, from that location.

***** REPORT ON THE OMNI-SPORTS RACING CLINIC

The 1977 Washington, D. C. Omni-Sports Bike Racing Clinic has now faded into history. For two days, on February 26 and 27, Jack Simes and Dave Chauner, aided by special guest superstars John Nicholson and Steve Woznick, shared the lessons of their combined international racing experiences with 53 riders from four states.

The instruction consisted of lectures on a variety of topics pertinent and/or of interest to the racing cyclist, interspersed with on-bike instruction where riders either learned or refined such group riding techniques as double pace lines and echeloning.

Of particular value, it was felt, was the chance for each rider to have his riding position checked by one of the "heavies." This resulted in numerous adjustments made by the majority, intense satisfaction for a few who were told they looked good on the bike, and an excuse for one local coordinator to change his frame.

Training schedules were offered for both riders with unlimited training time and also for the unlucky majority who must closely budget their riding time. Basically, they recommended quantity or long distance days alternated with quality or tempo days with a group jam or race on the weekend. For riders on a tight schedule, the program was the same except for reduced mileages and increased intervals.

One of the liveliest discussions developed over the topic of diet, when the boys recommended a balanced diet based on natural unprocessed foods and came out in favor of meats.

Nicholson did a commercial for the new Dura-Ace 10 mm pitch chain while Simes videotaped and the whole program closed with the Shimano film of the 1974 World's at Montreal. Afterwards, the coaches made themselves available for personal conversation and Simes autographed copies of his book, Winning Bicycle Racing.

Anyone unable to make the clinic and who is interested in specifics should contact one of our people who was there and ask to see their notes. If you don't know of anyone and want the information, contact me and I'll put you in touch with someone. Also, Larry Black has copies of Simes' book--sans autograph--in the shop.

On a personal note, I would like to thank Betty Spear, Al Slaughter, Larry Black, and Danny Wagner, without whose help and encouragement, the whole idea would have died months ago.

Al Hart

I CLOTHING

1. Always wear cycling shoes with proper fitting cleats. 2. Always wear cycling shorts with chamois next to skin. 3. Have several pairs of shorts, clean them often. 4. Soften chamois before every ride with A & D ointment, noxzema, etc. 5. Always dress warmly, too much is better than too little. 6. Wear form-fitting clothing that breathes, wool, acrylic - never plastic or nylon windbreakers. 7. Several thin layers are better than a thick one. 8. Always cover legs below 70° 9. Wear thin white socks. 10. Rub down with alcohol or shower and change after every ride. 11. Never hang around on wet cycling clothes - don't walk in cycling shoes

II RIDING

1. Ride every day 2. Alternate hard & Easy riding 3. Ride in a small group at least twice a week 4. Use lower gears, especially in early season. 5. Do a few sprints with every workout 6. Concentrate on smooth circular pedaling, knees in and little upper body movement. 7. Concentrate on deep regular breathing 8. Always carry some food or drink on long rides, eat before you hunger 9. Avoid prolonged stops 10. Start easy, finish fast 11. Start with headwind, finish with a tailwind 12. Keep a Training Diary

GENERAL

1. Get plenty of sleep 2. Eat a balanced diet avoid highly processed foods 3. Learn to motivate yourself - do not count on others 4. Be observant - learn from others' successes and mistakes as well as your own. 5. Avoid excesses 6. Organize your program, establish goals 7. DON'T LISTEN TO THOSE WHO SAY YOU CANT

FROM THE VICE PRESIDENT, ★★★★★★★★★★★★★★★★★★
This my first, and hopefully last, Newsletter Editor position. We just couldn't find a volunteer in time so I'm doing the whole thing, with some help from Betty Spear and Al Hart.

As always, I'd like to hear from volunteers. This club has more potential than any other I know of in the country, and I'd like help making it better.

RECRUIT!! I'm sure that there are thousands of cyclists in the area who'd make terrific bicycle racers and club members, but either get turned off or don't know how to get into it. We pass them on our training rides or on our way to work or school. Why not open yourself up and tell them how great they'd be.....And things look great for the future - I've manage to recruit four intermediates in the last year - they've all been racing at our races . Two of them, Thomas Krogh Poulsen and Chris Frederiksen may be Nationally ranked by the end of the season and done over 1500 miles this year, and that's great for people that weigh barely three times their bikes!!

BIKE WEEK This Spring the Mall Area in Washington will turn into a mecca of cycling, with displays, exhibits, SEMINARS and SYMPOSIUMS. All National and local cycling organizations will be represented. The whole thing is to promote cycling and commuting by bike. Let's start thinking of how NCVC can have a display. The bigger it is, the bigger the OPEN will be, because the NCO is happening during BIKE WEEK this year.

FINALLY: The AYH Auction will be at the Banquet Site, River road Unitarian Church in Bethesda. Good Food, Demonstrations, and equipment. Mar 19, 10 AM. See you at the Monday Meeting *Larry*

FROM THE BIG WHEELIE ★★★★★★★★★★★★★★★★★★

Hello! And salutations for the first time in 1977. 1976 is now History and for some it was a very good year and for others not so good. For NCVC it was up and down, but all in all, it was a very good year. The successes slightly outweighed the fiascos. So, as we move into 1977, let's (all of us) set out goals high and hope for a very smooth and cooperative achievement of at least 95%.

At our last Executive meeting, I had a wish come true (we hope it's a trend). We actually heard from a member of our elite...the exchange between Eddie and the Officers was very informative and encouraging. You can keep the ball rolling by being present at YOUR first General Membership Meeting on MONDAY, MARCH 7th at the Park Hqtrs on Ohio Drive (Hanes Point). Remember, we cannot know what you want for YOUR CLUB if we don't hear from YOU. Speaking of YOU and YOUR CLUB, YOU ARE ONLY A MEMBER IF YOUR DUES ARE PAID! Last year's Team star or not included. The renewal fee is 15 big ones at this point. YOUR membership Secretary informs me that some of our well known superstars are not yet MEMBERS. Fellas, the money goes to YOU. The least YOU can do is PAY YOUR DUES! We have officers who pay dues. We have officers who do not ask for reimbursement on money spent on stamps, phone calls, and whatever. ***** IMPORTANT ***** ASSOCIATE MEMBERS cannot compete in club races, so any Associate Member wishing to ride at club races must submit \$5 to the Membership Secretary and become a regular member. HOWEVER, you can only race for the club named on your USCF License, at OPEN RACES. Associate Members who do not wish to race in club races need not take any action.

MIDGETS and parents of Midgets, I would very much like to encourage races for this neglected group of racers, but I cannot do a thing if I do not hear from you. Billy LaBorde needs a SIZE 14 CLUB JERSEY if you've outgrown one, you can call him at 471-1845. He is one of the Midgets who is very excited about taking up the sport.

BIG WHEELIE (cont.)

It seems as though we still need a NEWSLETTER EDITOR. If you would really like to be the club's most important pipeline, please let me hear from you. Saying you could or would do it is not enough. We NEED someone who WILL DO IT. How about Tom Prehn making the National B Team...way to go, Tom. I hope you members who attended the Racing Clinic out at Beltsville will put your new found knowledge to use and bring us another big year in 1977. People are saying without General Jackson, Tom, and Joe, we will not be too hot this year. I say Bolder Dash! So let's do it all in '77, we will try to give the Team as much support as is humanly possible, and invite comments, suggestions, criticisms, and ROAD GUARDS!!! Cheers, Mike B.

IF YOU ARE INTERESTED IN TRAINING Call you rider representative. He or she will be happy to keep notes on who is training when so everyone can get together. In Maryland, rides leave twice each weekday from Georgetown Cycle sport, once in the morning and in the afternoon between 2:30-3:00. Why not join them or get your own going.

CLASSIFIED ADVERTISING
Rates, free to NCVC
Members ONLY
Please limit ads to 3 bikes

COLNAGO Super 22½ all campy, extra wheels \$650.
CID 22 All Campy Dura Ace Brakes \$460.
CID 23½ All " except brakes & Pedals \$330.
Mondia 22½ All campy, like new \$425.
Gitane 22 SC All Camp, except brakes \$320
Gitane Tandem 22-20 tubulars \$250
Raleigh Pro Frame, 22 w/ campy headset & Seatpost \$200
Puch Moped, Green, \$400.

Call Paul Lenz 591-3881

Schwinn Paramount P-13 Black, criterium Model. All Campy, Dura Ace Brakes
\$395, frame \$160
22½ Alpine Track Bike complete, \$100
Cinelli Rollers \$39. More

Call Tuan Mattes 569-5166

Mondia Special, 59 CM 531DB, chrome, red, white. All campy, other top equipment included. \$450 or trade for criterium bike
Tipe Wheels - \$40.

Call Ernie Stadler 593-1294

Universal Brakes \$6, Brooks Pro \$19 Call Allen Baldwin 370-1122

Sale: Matching Alpine/Hurlow Criterium Lugless frames- brand new finish, braze ons, headset. One or both, 21", 22" Two tone candy apply Imron, ridden one season each. Call Larry Black 277-2555, or 530-9011 \$225/offer each

Newsletter Office
10219 Old Georgetown Rd.
Bethesda, Md. 20014