

# National Capital Velo Club, Inc.

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



## NCVC NEWS

FEBRUARY 1978

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A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL

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### RED ZINGER HEADLINES GENERAL MEETING

Members attending the years first general membership meeting have an unexpected treat in store by being able to see one of the first showings of the 1977 RED ZINGER CLASSIC produced by Celestial Seasons. No doubt the Machine, Animal, Brothers Slaughter, Laurie, and Margy will be able to fill us in where the movie does not do justice to their exploits. Other topics of discussion include the Club's racing program, the Junior Worlds Championship, the racing team and other plans in general for 1978.

The meeting will be held on Monday, February 6th at the National Park Headquarters off Ohio drive at Haines Point at 8:00 sharp.

### EATING FOR COMPETING RAISE YOUR PAIN THRESHOLD

Gabe Mirkin M.D., has graciously consented to give not one but two talks on matters dear to cyclists' hearts: riding and eating. In the first seminar, Dr. Mirkin will discuss the principles of a sound diet tailored to the special needs of persons involved in an endurance sport, namely cycling. The second seminar will cover conditioning, starting at ground zero for the novice and progressing to a program for the competitively inclined. Dr. Mirkin is a knowledgeable and entertaining speaker on endurance sports, qualifying both by profession and experience. A competitive marathon runner himself, he treats all manner of athletic injuries and ailments in his practice. He is Assistant Professor of Sports Medicine at the University of Maryland and the author of a soon-to-be-published book, Athletic Excellence. These outstanding talks have potential benefit for everyone.

The talks will be held at the Madison Community Center off Old N. Glebe near the George Washington Parkway and Military Rd. at 8:30 pm on February 13 and 27. For further information call Karen Miller 966-1751.

# RAMBLING with the BIG WHEELIE



Happy New Year to you and yours. Once again it is that time of the year. What time? Time to set your goals. Regardless of your ability you should have a goal be it advancing to B class at IBM or winning at Sommerville. Now is when you try to decide on what you will be this year: Roadman, Trackie or Criteriumite (look out Superman). Regardless of your goal you should be able to improve on 1977 with a little planning and effort.

I don't know about you, but I am very excited about 1978. We have a very Aggressive and energetic Executive Committee and for the first time in my life I am involved in a World Championship. Do you realize the magnitude of this event? I am also excited about my new job as Team Director. I was asked a while back why would you want to be Team Director? You were never a National Champ what will you do? Well like most "Has beens who never were" I would like to help someone do what I wish I could do. As for experience I have won as many Gold medals as George Allen has scored touchdowns. This has got to be our year. We have the talent all we need is the conviction and determination.

Now is the time to do it. Become part of the Junior Worlds Championship Staff. We need 60 Road Marshalls and we cannot depend on the next guy or gal. If you love the sport then prove it by calling 588-4571, ask for Mike and then say, "I will be a Road Marshall at the National Capital Open in April and the Junior World's in June". Then get a friend or group of friends to come on down and get the best seat in the house right up front. Of course we cannot all see the finish of the race but then again the people seeing the finish do not see the action you'll see on the back stretch and up the hill. So do your club, sport, and country a favor and call tonight.

If you have not renewed your membership as yet you can still do so at the regular price as long as they are postmarked not later than Feb 15. A late fee of \$5.00 will be assessed to all renewal beyond that date. Special problems considered.

Those of you who have been with the club a while are aware that Charlie Frederiksen has been one of our long standing members. Charlie resigned from the club upon the conclusion of his 1977 membership. He is a rider with a lot of potential and will be missed by NCVC.

Those of you hot shot road sprinters who took part in NCVC's first road sprint competition will be pleased that the Park Service would like us to do it again. I am sure Frank Klotz would like to see who else he can upset. Don't forget to wear your club jersey. Speaking of jerseys let me issue this warning, as long as Georgetown Cycle Sport has a supply of club jerseys I will pull from the starting line any NCVC member not wearing club colors.

I hope to see you on Monday, FEBRUARY 6th. If I don't then keep'em spinning till I do.

Cheers, *Mike*

NCVC CLUB OFFICERS

President: Mike Butler 588-4571  
V.P. & Editor: Pete Swan 649-4841  
V.P. Publicity: Larry Black 277-2555  
Treasurer: Paul Lenz 279-0061

Secretary: Pete Rusk 933-7848  
Membership Chmn.: John Prehn (301) 268-3477  
Md Rider Rep: Alan Rashid 299-0346  
Va Rider Rep: Hal Mattes 569-5144

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## GET TESTED FOR SPRING

Like to find out how your Maximum Oxygen Uptake compares with the King Eddie's (no relation to Fast Eddy) ? Well Pete Rusk has found a fellow who can give you your vital signs and more for less.

Mr. Rick Bradley of the Bcc-YMCA is in charge of a local fitness program. His fitness test, which takes just under an hour, includes the following:  
Physical Working Capacity Test  
Body Composition--percentage fat and percentage lean body weight  
Muscular strength and endurance  
Flexibility  
Resting Heart Rate  
Blood Pressure  
\*Workload testing in Kgm/m  
Maximum Oxygen Uptake  
Vital Capacity  
Interpretation of results and prescription of exercise routing to meet individual's needs  
\*Stress testing is done on a bicycle ergometer.

Mr. Bradley is of the opinion that a racer should do this series at least twice per year to check his fitness progress.

Individual rates: YMCA members-\$18, Others-\$23  
Group rates: 30 or more persons \$4 less than individual rates  
( Mr. Bradley can test up to four persons in one period)

For further information contact Rick Bradley at 530-3725.

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## VELO-NEWS revisited

Mr. John Prehn reports that 7 or 8 people have applied for the discounted Velo-News offer listed in last months newsletter. This is not enough to receive the 20% discount and thus he will give it one more try for last minute bargain hunters.

If you are interested please fill out the form below and mail with a check (made out to NCVC, Inc.) for \$7.20.

Mail to: John Prehn  
220 King George  
Annapolis, Md 21401

\_\_\_\_\_  
Name

\_\_\_\_\_  
Street Address in full

Please Check One:

USCF License Holder

Non-USCF Renewal

New Subscriber

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

Please type and send all listings or announcements by the 15th of the month to the following address:

NCVC NEWSLETTER  
1400 Gridley Lane  
Silver Spring, Md 20902

## FORT HUNT features

### SHORT PERSONS

The Fort Hunt Criterium series will be held every Sunday, February 5 - 26. There will be races for A, B, C, Novice, and Midget classes. The distances will be 18.75, 12.5, 6.25, 3.75, and 2.5 respectively. Entry fee will be a dollar per week, and prizes will total \$300 in merchandise. The race is sponsored by GEORGETOWN CYCLE SPORT. Registration will begin at 8:00AM, and the first races will start at 9:15AM. "A" class will be limited to a 76 inch gear, and all other classes, except Novices, will be limited to a 70 inch gear. Races will only be cancelled if the C & P telephone weather report at 7:00AM records a temperature less than 20 degrees, or the roads are deemed unsafe. Further details will be available at GEORGETOWN CYCLE SPORT.

10219 Old Georgetown Road  
Bethesda, Md. 20014  
WildWood Manor Shopping Ctr



2 lights north of Beltway  
exit 18 at Democracy Blvd  
301-530-9011

1506 Belleview Blvd.  
Alexandria, Va. 22307  
Belleview Shipping Ctr.

At Ft. Hunt Road 2 Blks  
off Mt. Vernon bike path  
703-768-8400

GET EQUIPPED FOR THE SEASON BY STAYING WARM AND COMFORTABLE NOW.

Winter Cycling Shoes by Detto Pietro--fleece lined, hi or low cut  
Reg \$27-\$36, now \$19.95

Shoe Covers--snug fit for conventional shoes with slot for cleat  
MOA \$ 9.95  
Cinelli \$12.95

Wigwam Socks- solaris quiana nylon- excellent for winter liner  
\$1.95/pr

Weyless Rain Jacket-many outstanding unique features, orange or yellow  
Reg \$17.00, now \$12.95

Honeywell Strobe-light- uses "C" cells and gives excellent visibility  
Now \$13.95

Soyo Tubulars- 300 gm and an excellent training tire  
Reg \$19.00, now \$12.95  
or \$9.95 in fives

Clement Silks- Del Mondo or Criterium Seta \$27.95

Frame Sets- over 250 frames in stock all featuring 531 tubing and  
Campy drops in a wide range of colors.  
Starting at \$169.00  
Dozens of used frames & team equipment for sale

Frame Refinishing- we offer frame repair, modification, braze-ons, and  
quality repainting with DuPont Imrom and other Urethane finishes. We  
strip, clean, sandblast, prime and rust-treaty before painting each frame.  
Prices for NCVC members start at \$29.95. (Free Reynolds or Columbus decals  
applied to appropriate frames.

Please visit our new location in the Belleview Shopping Ctr.

# SUPER DEALS

22 1/2 " Eisentraut "B" model; Shimano equipped, low flange hubs, black w/worlds trim, \*reasonable condition, \$350.00

Call Rick Barnett 338-8028 after 6:00pm

19 1/2" Custom road bike, Campy except Shimano cranks, Shimano low flange hubs----19 1/2" Mercian track bike, 24 spoke TT wheels, 195 gm Clement tires, both bikes \$750.00 or Offer. (TT Wheels \$50 separately)

Call Margy Saunders 338-8028

25" Richard Sachs , 41" wheel base- set up for touring/road racing, Red. Features: brazed on water bottle cage bolts, B.B. cable guides, Campy dropouts with eyelets, Phil Wood B.B., Sugino Cranks and Chainwheels, Campy road pedals with Binda extra straps, Shimano crane derailleurs and shifters, Universal 68 brakes, Cinelli bar and stem, SR seat post with Unica saddle, Campy Tipo hubs with Mavic rums and Canatte sport sew-ups, water bottle cage, and Silca frame fit pump. (Whew-did we miss anything) Owned for 2 months, \$500.00

24" Raleigh Pro Track bike, all Campy, \$250.00

25" Witcomb USA, 40 1/4" wheelbase, beige, TTT stem, Fiame bars, and Phil Wood B.B., \$175.00

Call Blake Powell 589-4218  
(Telegrams accepted)

(\* If your frame had been ridden by a Tazmanian Devil all year you'd be lucky if you could say reasonable--Ed makes little joke)

## FRAME PAINTING SPECIAL



REGULAR PRICE \$40

SPECIAL PRICE \$30

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CHOOSE FROM 150 DIFFERENT DuPONT IMROM POLYURETHANE "R" COLORS--METALLICS AT NO EXTRA CHARGE \*. STANDARD PRICES FOR ALL PANELS, CHROME SAVINGS, & BRAZE ON FITTINGS-- WHETHER PROTEUS OR CAMPAGNOLO. REYNOLDS OR COLUMBUS DECALS REAPPLIED FREE ON EACH FRAME.

PRICES:	WATER BOTTLE CAGE FITTINGS	\$10.	PROTEUS DESIGN
	FORK TAB REINFORCEMENTS	12	CYCLES & EQUIPMENT
	B/B TAB REINFORCEMENTS	12	9225 BALTIMORE BLVD.
	CAMPAGNOLO B/B TUNNEL GUIDES	12	COLLEGE PARK, MD, 20740
	CAMPAGNOLO CHAIN STAY STOP	6	
	CAMPAGNOLO CONTROL BOSSES	12	301-441-2929
	CAMPAGNOLO DERAILLEUR HANGER	15	
	CABLE STOPS	6	

\*\* BICYCLE MUST BE STRIPPED OF ALL EQUIPMENT OR THERE WILL BE AN EXTRA CHARGE FOR REMOVING IT ALL. PAINTING TIME IS THREE (3) WEEKS.

PRICES EFFECTIVE UNTIL MARCH 1, 1978. \* CERTAIN LIGHT COLORS ARE \$15 EXTRA NO MAIL ORDERS, SHIPPING NOT INCLUDED, BRING THIS AD WITH BICYCLE FOR DISCOUNT.

# GO WEST NCVC !

Beginning in FEBRUARY. Saturday training rides will be leaving the Reston/Herndon area towards points west (i.e. Leesburg). These rides will be subject to favorable weather conditions, and may vary from 25 to 45 miles. Low gears will be the order of the day. Interested parties should contact Ed Cottrell at 573-1698 (evenings after 7:00pm) or at 703-361-6545 during the day.



## 15th feb deadline

JOIN NOW! -- FOR 1978

Below you'll find the 1978 NCVC membership application form. Anticipating that you will be riding with us in '78, we ask that you please submit your annual membership fee at this time and avoid the hassle to collect next year when you'll want to devote all your energies into training -- and not being hassled by your membership secretary.

1978, of course, will be an exciting year for all members of the National Capital Velo Club. Our sponsorship picture looks brighter than at this time last year -- we have some outstanding experienced and proven competitive riders in all categories -- we have a number of promising young riders advancing into prominence -- and we will be hosting a number of interesting races including two premier events, the highlight of East Coast races; the National Capital Open (in April) and the Junior Worlds (in June). For the latter classic we will be calling upon all NCVC participants to assist in showing the U.S. and the world bicycle racing community how NCVC can really perform!

### 1978 MEMBERSHIP APPLICATION

New       Regular (\$10.00)       Associate (\$5.00) (May participate in all Club activities to the extent allowed by USCF rules, but may not represent the Club in USCF Open races)  
 Renewal       Family (\$15.00)

Novice (\$5.00) (For new riders in their first year of membership and holding a novice category license)

(PLEASE PRINT)

Name \_\_\_\_\_  
 Address \_\_\_\_\_ Telephone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Citizenship \_\_\_\_\_  
 Occupation \_\_\_\_\_  
 USCF License Number \_\_\_\_\_ Class \_\_\_\_\_ Category \_\_\_\_\_  
 Other Bicycling Affiliations \_\_\_\_\_

I recognize that I may be called upon to assist with club activities and am willing to help in the following areas:

- road guard       race officiating       collecting entry fees
- telephoning       aid with Newsletter       organize club rides
- provide transportation to races       provide housing for out-of-town riders
- type       address envelopes       do art work       organize meetings, parties

YES, I recognize that we all will have to assist to make the Junior Worlds a success in June. Put my name down so that I may help in some manner!

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, participating in any activity sponsored by said Club.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Legal Guardian \_\_\_\_\_

Make check payable to NCVC, Inc. and mail application with proper fees to:

John Prehn, Membership Secretary  
220 King George Street  
Annapolis, MD 21401

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Faint markings or text near the bottom center.

Faint markings or text near the bottom right.

