

National Capital Velo Club, Inc.

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



NCVC NEWS


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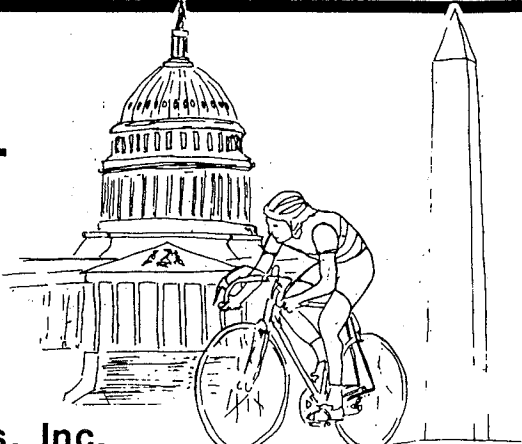
"THE ENTHUSIASTS SHOP"

APRIL 1978

A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL



NATIONAL CLASSIC

Sr I.D.



NATIONAL CAPITAL OPEN

Sunday,
APRIL 16, 1978
rain or shine

SPONSORED BY
Mel Pinto Imports, Inc.

For 1978 the National Capital Open will be held on the same demanding road course in Rock Creek Park as will be used for the Junior World Championship Road Race in June

Location: World Championship road course in Rock Creek Park, Washington, DC. Registration: 8:30 a.m. Held under the rules and sanction of the USCF Start: 10:00 a.m. sharp, both races. Maximum 150 riders per race. Road bikes only. Post or unattached entry double. Entry fee includes 25¢ contribution to USCF Int'l Fund and \$1 number deposit. Make checks payable to NCVC and send Standard Entry to: John Prehn, 220 King George St., Annapolis, MD 21401. 301/268-3477.

	Km	Places	Prizes	Entry Fee
Men - ID NC	122	30	\$2,200	\$6.25
OPEN TO CAT I & II SR & JR	<i>Seniors & Juniors will compete for the same prizes but for separate Nat'l Classic pts.</i>			
Women Star	37	10	800	\$4.25
Open to Jr & Sr Women				

It's now or never sports fans. For all the Women, Cat. I & 2, and qualified Juniors the long winter of weights and rollers and toe-numbing roadwork will be but a fleeting memory as they are flying down "Deadman's Curve" on Ross Drive or climbing up the muscle searing "Cogbuster" on Grant Road.

For the rest of us pride is also on the line. The 1978 National Capital Open will be the technical preliminary for the Junior Worlds to be held on June 25th. With everyone's help it will run smoothly and effectively. But it will take bodies, lots of them--- people who love bike racing and want to see it grow.

BE ONE OF THOSE PEOPLE, VOLUNTEER TODAY 588-4571 or 966-1751

CLUB OFFICERS

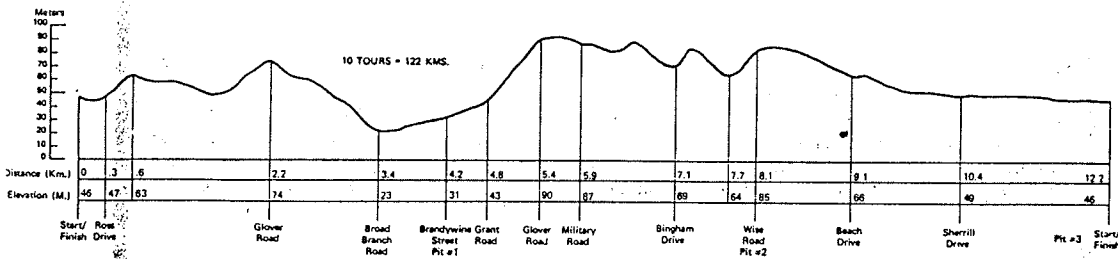
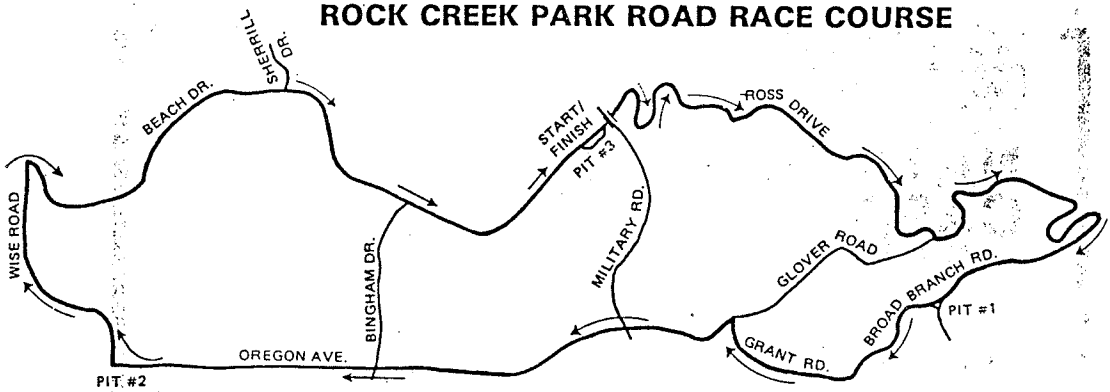
<u>Title</u>	<u>Name</u>	<u>Phone</u>
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Vice President & Editor	Pete Swan	649-4841
Vice President Publicity	Larry Black	277-2555
Treasurer	Paul Lenz	279-0061
Secretary	Pete Rusk	933-7848
Membership Chairman	John Prehn	301/268-3477
Maryland Rider Rep	Alan Rashid	299-0346
Virginia Rider Rep	Hal Mattes	569-5144

Ever wondered what it would be like to ride on a World Championship Road Course? Just take this trusty little map provided below and with handle bars in hand set out to slay the Monster.

If you can handle the wheel like A. J. Foyt and climb like a mountain goat you'll love it. I guarantee the descent off Ross Drive will add new meaning to the phrase, "Put a thrill between your legs---try bicycle racing!"

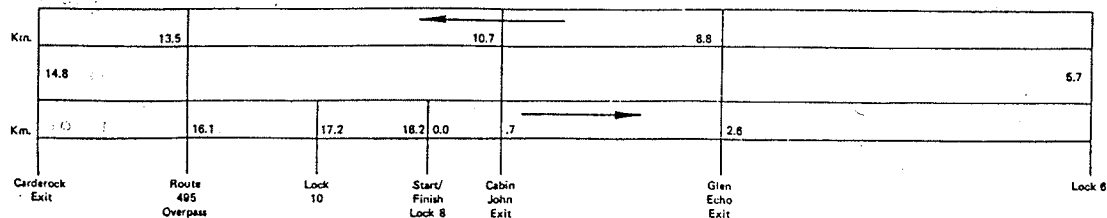
JUNIOR WORLD CYCLING CHAMPIONSHIP
WASHINGTON, D.C., USA

ROCK CREEK PARK ROAD RACE COURSE



GEORGE WASHINGTON PARKWAY TIME TRIAL COURSE

4 TOURS = 72.8 KILOMETERS



EATING FOR COMPETING: GETTING BACK TO THE BASICS

Margy Saunders

In this land of agricultural plenty, Americans as a people and USCF riders in general are overfed and undernourished. Processed foods and empty calories are in part responsible; so are the stresses of modern living. One measure of this national dietary deficiency is the incidence of degenerative disease (cancer, diabetes, arthritis, etc.) and the worship of medical science as a solution to our ills. Another is the lack of outstanding international sports competitors. U.S. cyclists have yet to set the world of international competition afire. Even on the local scene nutrition and health have a role in your racing success.

As an athlete, your protein requirements are no greater than those of your non-athletic friends; needs are increased for calories, mainly carbohydrate, and certain vitamins and minerals. Using the "Basic Four" food groups as a guide, your nutritional needs can be met with natural foods and some supplements.

PROTEIN - Three servings daily, 50 to 65 grams. Eggs, milk, fish, poultry, meat, or complementary proteins (beans and cheese, or grains and cheese, etc.) are recommended. Avoid processed meats (sausage, hot dogs, bologna). Adjust your preferences to your caloric needs. Red meats have more fat, hence more calories.

PRODUCE - At least four servings daily, to include a leafy green vegetable daily and a dark green or yellow vegetable for vitamin A at least every other day. Citrus fruits, tomatoes, green peppers, and parsley are good sources of vitamin C. And don't forget sprouts for B vitamins, vitamin C, enzymes and amino acids. All fruits should be eaten raw, and half of the vegetables raw, in salads.

DAIRY - Products contribute protein and minerals to the diet, although they are not essential for adults. Fermented milk products such as yogurt, kefir, and buttermilk are easily digestible and supply enzymes and beneficial bacteria. Two or more dairy servings daily are recommended.

GRAINS - Should be whole, not enriched flour products. Grain dishes include pilafs, rice entrees, millet, buckwheat, wheat, barley, oats and rye. Oatmeal, cracked wheat, and mixed grains make good cereals. Satisfy your other nutritional requirements first, and then fill out your caloric needs with natural, whole grain foods.

Additional items may include vegetable oil and salad dressing. Essential fatty acids found in oils liquid at room temperature are an important part of human nutrition. Try to avoid chemical additives in other condiments. Natural sweeteners include honey, molasses, malt syrup, and maple syrup. Use salt sparingly, and learn to use herbs and spices, or even kelp, to season foods. Try herb teas in place of caffeine beverages.

Vitamins and minerals are available in many forms, most conveniently in the food we eat. While vitamins are complex organic substances, minerals are simple, inorganic elements. Both are essential for life. Deficiencies can lead to weakness, even serious impairment of biological functions (How's that for a \$10 phrase?!). For the stresses of athletic competition you may want to include some nutritional supplements with a balanced diet.

For more basic information on vitamins and minerals, read The Nutrition Almanac by John Kirschmann and/or The Book of Vitamin Therapy by Dr. Harold Rosenberg, available from the larger natural food stores. Basic information is available in chart form on Vita-Chart, also at your local health food store.

BREWER'S (or nutritional) **YEAST** is (are) microscopic plants which yield high quality protein from low quality sugars. Rich in B vitamins, protein, and naturally occurring minerals, some formulas are further enriched with added nutrients. The B vitamins in yeast aid metabolism making it possible to utilize completely the nutrients of the food you ingest. Yeast is an easily digestible protein food which can provide a basis of nutritious pre-race meals.

DOLomite is a product of the earth, a rock in which calcium and magnesium occur in the ratio required for use by the body (about 2:1). Calcium and magnesium facilitate nervous and muscular function, an obvious aid to aerobic athletes. You may notice a greater tolerance to pain and fewer muscle cramps with its use.

A note on yeast and dolomite together. Because of the naturally occurring high phosphorus content of yeast, many formulas are enriched with calcium and magnesium to avoid mineral imbalance in the body. It is a good idea to insure adequate supplies of calcium and magnesium, such as dolomite provides, with brewer's yeast supplements.

SALT (and salt tablets) - Sodium chloride occurs in large amounts in the food we eat, whether or not you salt your food. NaCl deficiencies are largely unheard of. Other salts (mineral ions) such as potassium, calcium, magnesium are more likely deficient. Skip the salt tablets and learn which foods supply these nutrients. For example, bananas are rich in potassium.

VITAMIN C - Ascorbic acid and associated factors rutin, hesperidin, and bioflavonoids, compose the "C-complex". Vitamin C works at the cellular level to combat and prevent infection. It aids many bodily processes. Unlike most animals, human beings cannot synthesize it from other nutrients; it cannot be stored, and overdoses of C are virtually unknown. It has been said that you can use as much C as you can swallow; megadoses range from one to many grams (1000 to 6000 Mg) daily. I take three grams.

VITAMIN E- is an anti-oxidant which enables the body to use oxygen more efficiently. Often deficient in the all-American diet, it promotes good cardiovascular health. Vitamin E helps the blood deliver oxygen to laboring muscles and spinning heads, which is something we can all appreciate. It also appears helpful in dealing with air pollution. Supplemental ranges for vitamin E are 400 to 1000 I.U. daily.

SODIUM ALGINATE is a derivative of kelp, and seems to have the ability to combine with heavy metal pollutants in the body, removing them from the system. This is beneficial during the hot summer months when the air is thick with contaminants making breathing difficult.

Adaily MULTIPLE VITAMIN AND MINERAL supplement often helps combat deficiencies and insures against them when stress or faulty eating habits interfere with good nutrition. Since many vitamins and minerals augment each other, it is worthwhile taking them together. The B complex is an example of this kind of interaction, as are vitamin C and iron, vitamin D and calcium, and all the oil soluble vitamins: A, D, E, F, K, L. Look for good, high potency, natural vitamins, formulated without colors, starch, sugar or fillers; amino acid-chelated minerals are most readily assimilated by the body. Quality supplements are available at your health food store.

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We talked about junk foods and empty calories last month. Remember to avoid:

CHEMICAL ADDITIVES which accumulate in the liver and fatty tissues. The extent of danger and harm is not fully known for these substances, and there are some several hundred in use today. Don't be a guinea pig!

CAFFEIN (chocolate, coffee, tea, colas) destroys some vitamins and prevents the absorption of others. It is a stimulant. NOTE: There is NO experimental evidence to indicate that caffeine improves athletic performance; it may even hinder it. In any case, there is a cost to general health.

SUGAR, ENRICHED FLOUR, HYDROGENATED OILS: all supply empty calories with no nutritional benefit. Look elsewhere to more profitably meet your energy needs.

PAY ATTENTION to how various foods effect your body, especially in training, and emphasize the positive while avoiding those that leave you feeling like a ton of bricks eventually.

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Eating this way doesn't have to be complicated and/or boring. It doesn't have to break your budget*. Start your day with diluted fruit juice, the juice of a lemon (or other fruit) in 8 oz. of hot water. For breakfast consider:

Two eggs, any style, fruit, whole grain bread (try Shiloh Farms Seven Grain), honey, butter, or apple butter.

Orange juice and yeast. Gourmet with the addition of an egg and a banana, blended thoroughly.

Breakfast salad: Alfalfa sprouts, raisins, apples and bananas (sliced), sunflower seeds, and yogurt.

Any kind of juice and yeast. Experiment with your blender, fruit juices and fruit, sweeteners, and supplements. There are many tasty and nutritious things waiting to be discovered.

OJ and yeast are a good part of any breakfast. With them, try:

Raisin bran: bran, raisins and yogurt; Granola and yogurt; Steelcut oats (cooked or oatmeal), raisins, and milk; Orange slices, cottage cheese, sunflower seeds; Wholewheat pancakes (with bananas, optional), maple syrup; French toast made with

whole wheat bread.

Lunches bring to mind an endless array of sandwiches, even when we write off spam, bologna, Ham 'n cheeze, sugar jelly, and white bread. Try combinations of:

Turkey, tuna, chicken, cheese,
Pickles, sprouts, and onions, please,
Tomatoes, lettuce, other vegetables,
Pita bread and whole wheat bagels.

Don't forget tacos and tostadas!

Open face salad sandwiches with grilled cheese,

Or grilled cheese with or without pickles.

Fried or scrambled eggs sandwich,

Mayonnaise, mustard, butter, horseradish, catsup.

Avacado and onion sandwich.

Peanut (or cashew) butter and honey or fruit or banana or lettuce, sprouts, pickles or celery.

Corned beef and sauerkraut.

A Reuben, shall we have a sandwich contest?

Remember, the salads (sandwiches without bread) including egg salad, chicken salad, tuna salad, friot and nut salad with yogurt or cottage cheese, bean salad, carrot salad, tabouli (cold grain salad). Lunchtime is a good time for emptying the refrigerator of leftovers hot or cold: pizza, quiche, spaghetti, chili, soup, stew.....

Dinners naturally include the old standards, but are not limited to meat and potatoes. Try new casseroles, complementary proteins, and raw foods. Experiment with new kinds of meat: turkey, duck, capon, rabbit, horsemeat, (HORSEMEAT?!?), all kinds of fish, organ meats.

Snack on fruit, nuts, homemade natural goodies, pickles, yogurt, juice (and yeast), sprouts, so many good things to eat.

Reorganize your food day to emphasize protein at breakfast and deemphasize the evening meal in size. Protein is more even-burning than carbohydrates, supplying more constant energy longer. Plan to meet your protein, vitamin and mineral needs as first priority; then fill up with carbohydrates, including potatoes, beans and grains as well as your favorite goodies. Essential fatty acids should account for 10% of your daily caloric intake.

Wan yourself away from sweets and junk foods. Eat to live, not vice versa. Pace your supplement through the day (especially B and C vitamins) for a constant supply of nutrients.

Next month we will consider specific foods for specific situations, like what to eat before a time trial or a road race or before and during a day at the track. Food and training. Food for winter training, and feeding in races. Suggestions, comments and/or questions are welcome. Write c/o NCVC News.

If this sounds like a lot of shoulds, consider again your feelings toward riding and training and racing. These are not rigid rules that you must follow to succeed; they are guidelines that you might benefit from the knowledge and experiences of others. Eat when you are hungry, and eat what you really want. Consider what you know about nutrition as well as body cravings, what would really taste good. Enjoy it totally: smell it, chew it, taste it, savor it.....and STOP when you have had enough. Don't get into mechanical habits. Drink (pure, clean water) when you're thirsty, and rest when you are tired, within the limits of your non-cycling life. No regimens! Unless you are more comfortable with one. If so, why not? But don't feel deprived of limited by it.

Learn body awareness and respond to it in training. Be good to your body and it will serve you well in the rigors of competition. And beyond.

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*Anyone especially interested in the question of the expense of the natural foods diet (either pro or con) can help me and others by keeping track of per person expenses for whichever type of diet they follow. Call 338-8028 for details.

HEY-BIKE: AN IDEA WHOSE TIME HAS COME

A new recorded events and information service for bicycling in the Washington, D.C. metropolitan area is now in operation. Bike-Line can be reached by dialing 439-2453, which can easily be remembered as HEY-BIKE or 439-BIKE. Area Code is 301 for persons calling from outside the D.C. area.

Bike-Line will list events such as races, tours, clinics, seminars, educational programs, shows, and bikeway hearings. Phone numbers of cycling clubs and governmental offices involved in bicycling will be provided as necessary to help cyclists in search of information. News of latest bikeways or changes in routes, as well as news of bike parking facility installations will also be included. Special events, such as the 1978 Junior Worlds Championships in D.C. will be given updated announcements on BIKE-LINE. As well as providing a roster of events of interest to area cycling enthusiasts, BIKE-LINE will be a valuable service for visitors to the Nation's Capital seeking information on bicycling in the city.

Callers desiring further information or answers to specific questions may leave their numbers with BIKE-LINE and the staff will contact the appropriate sources for answers.

BIKE-LINE was created by Larry Black, a member of NCVC and long time area cycling enthusiast. With his own funds, Black purchased the machinery for the BIKE-LINE and hopes to defray some of the operating expenses through such fund-raising efforts as bumper sticker and button sales, and also will welcome contributions from groups or individuals. BIKE-LINE will be non-commercial and non-profit. Should the project ever become self-supporting, Black would like to use funds to further bicycle education, racing, and a Velodrome for the National Capital area.

In addition to events listing, BIKE-LINE will feature informational tidbits on all aspects of bicycling; like cold weather riding tips, hints on repair and maintenance, trivia such as world records, how-to's, fitness, training, and more. Information will be compiled from the world's foremost authorities on the subjects.

RAMBLING with the BIG WHEELIE

Well the racing season has finally begun. On March 11th and 18th in Baltimore we were made aware of the fact that the "Spaceman" is back. Who is the "Spaceman" ? --an Ex-NCVC rider named Lionel Space. On the 11th Lionel jumped Carey and Cressy and never looked back. On the 18th Ned, now with Chris and Reno well coached, was now ready to work over this refuge from a Star Wars set. This time Lionel almost caught the NCVC trio-- only trouble was that he was a lap ahead.

On March 25th, in the rain and sleet, a brave NCVC band went to Delaware to do battle. I missed the Juniors race but I heard they got blitzed--- Then in the Intermediate contest Polson showed us how not to tighten your rear wheel (pulling it twice) but nonetheless riding like a champ to take 3rd place. In the Senior IV race nothing to speak of -- except that Grahame picked a hell of a day to make his open debut. Jerry "Ageless" Nuggent rode up to his usual standard only to be edged at the line by one of those "Young" Vets. According to Jerry, it's going to be some season for the Vets. The Womens event was very exciting because it seems that we now have the talent to regain our previous control in womens races. Karen Miller looked great outprinting Leslie Moore to win the field spring and 3rd place. In the main event Rick "La Machine" did it in style with the help of Ned Carey and Reno Rashid. Rick attempted to breakaway, but was reeled in with two laps to go. In a very close and exciting sprint Rick should Tom Chew who was boss and took him at the line.

If you Senior III and IV riders are planning to race out of town why not coordinate some team tactics and help each other get upgraded--especially Reeves Taylor who is looking strong this year.

The Butler Did It!

WINTER TAKES ITS TOLL ON RECORD TIMES

We did manage to get in two rides of the March Time Trial series but due to the weather, which did not allow much early season training, Rick Barnett's Club record for the 10 miles of 22:35 was quite safe. Listed below is the fastest time per individual in rank order:

NAME	CAT	TIME	NAME	CAT	TIME
1. Rick Barnett	SR I	24:42	21. Blake Powell	SR II	28:05
2. Chris Cressy	SR II	25:57	22. Steve Audburn	SR IV	28:21
3. Bob Fisher	SR I	26:15	23. Reed Scarce	Jr	28:26
4. Edgar Brown	Vet	26:21	24. Sterling Pease	SR III	28:36
5. Reno Rashid	SR II	26:29	25. Alan Rashid	SR III	28:42
6. Jerry Nuggent	Vet	26:33	26. Thomas Krough-		
7. Nick Freer	SR IV	26:38	Polson	Int	29:00
8. Thom Tallet	SR IV	26:51	27. Craig Parker	Jr	29:05
9. Alan Baldwin	Jr	26:59	28. Bob Richards	Novice	29:14
10. Ken McCormick	SR III	26:59	29. Karen Miller	Women	29:30
11. Arnaud Blin	Frog	27:00	30. Mary Pelz	Women	29:45
12. Ned Carey	SR II	27:20	31. Mark Mergen	Vet	30:07
*13. John Maschetto	SR IV	27:22	32. Gentry Gingell	SR III	30:15
14. Grahame Reffell	SR IV	27:23	33. Ed Livingston	Novice	31:12
15. Frank Klotz	SR IV	27:23	34. Debora Neville	Women	33:32
16. Pete Swan	SR IV	27:48	35. Martin Wooster	Novice	35:31
17. Chris Rehm	Jr	27:54	36. Harold Wooster	Novice	37:52
18. Fred Sheffield	Jr	27:54	37. Richard Monroe	Vet	39:51
19. Elmer Streeter	SR III	28:01			
20. Hal Mattes	Jr	28:01			

FIVE MILE TIMES

1. David Weimer	16:51
2. Jim Montgomery (RR?)	17:23
3. George Valdivia	20:33

* A speedy recovery is in order

7
BIKE BONANZA II

BB-2 will be held on the I.B.M. Course on Sunday, April 23rd. Larry Black can use your help, especially all you recently certified U.S.C.F. Official types.

Races start at 12:00 A.M. with the following categories:

---Novices 10 & under: 1 K1
---Novices 11-17: 2 K1
---Novices 18 & above: 4 K1
---Midgets: 2 K1
---Novice Women: 2 K1
---Senior III, IV, and Vets: 25 K1
---Juniors, Intermediate: 20 K1

Rock Creek Spring Series

Every Sunday in May---registration closes at 7:45 AM and racing begins at 8:00 AM, "The road guards willing and the Creeks don't rise".

Categories are suggested as follows:

***A-Class, Sr I & II & strong Jr's (smelling?)	26.6 miles
***B-Class, Sr III & IV, Women, Inter, Vet	19.0
***C-Class, Greenhorn IV's and others	11.4
***D-Class, Novices (no professional novices)	7.6
***Midgets, Under 3' ?	3.8

Entry Fee: Midget \$2.00 (one time)
All others \$1.00 /wk

Note Permanent numbers will be issued at the Rock Creek Series which will be used for all Club races in 1978, (\$1.00 ea).

GOVERNMENT IN THE SUNSHINE

The next Executive Meeting (all welcome--Pete Rusk's 8:00 P.M.), will be held on Tuesday, April 11th.

The next General Membership Meeting will be held on Monday, May 1st, at 8:00 P.M. ---National Park Police Headquarters, Haines Pt., Wash. D.C.

1977 DISTRICT MEDAL WINNERS

Contact Larry Black for information on how to get a group discount on all medal purchases.

Dear Editor,

I would like to take this opportunity to recognize our life members:

Mel Pinto
Mike Schwering
Peter B. Stevens
Dan Wagner
Oliver "Boots" Ward
Hank Whitney

I would like to commend them for their outstanding service in making NCVF the fine organization it is today.

Thank You

Larry Black

CALENDAR OF EVENTS*

- APRIL 15 AZALEA CLASSIC (SECT. I.D.) Norfolk, VA.
- 15 TOWSONTOWN GRAND PRIX, TOWSON, MD., 10:00 A.M. start
- 16 NATIONAL CAPITAL OPEN, ROCK CREEK PARK, WASH. D.C.
(Road marshals and other volunteers 8:30 A.M. at
start/finish line)
- Race Starts 10:00 A.M. Sharp--Don't Miss It
- 16-23 BIKE-WEEK EVENTS
- 22-23 BLUE HEN STAGE RACE, CLAYMOUNT, DEL., 9:00 A.M. start
- 23 BIKE BONANZA II, BETHESDA, MD., 12:00 A.M. start
- 23 GREENVILLE CRITERIUM, GREENVILLE, N.C.
- 29 TOUR DE MOORE, SOUTHERN PINES, N.C., 9:00 A.M. start
- 29-30 SORRENTO I.D. STAGE RACE, SORRENTO, FLA.
- 29-30 NATIONAL CLASSIC KENTUCKY DERBY, LOUISVILLE, KY.,
10:00 A.M. start
- MAY 7,14,21,28 NCVC ROCK CREEK SPRING SERIES, ROCK CREEK PARK
(Club race only) registration 7-7:30, 8:00 A.M. start
- 4.11,18,25 NCVC IBM SUMMER SERIES, BETHESDA, MD.,
(Club race only) reg. 5:45-6:15, 6:30 P.M. start

* FOR FURTHER INFORMATION, RIDES TO RACES, ETC., CONTACT
NCVC RIDER REPRESENTATIVES FOR YOUR AREA AND/OR VELO NEWS

BLUE HEN UNDER GLASS*

If you are planning on riding the Blue Hen or would like to help feed some grateful NCVC riders please give Butler a ring at 588-4571. This stage race will be on April 22-23; and the same holds true for the Tour de Moore on April 29th. Practice for members of Feeders, Inc. can be obtained on April 16th during the National Capital Open.

* At 95 miles many hens will be blue and cooked

SUPER DEALS

WEYLESS seat post 27.2 mm (\$15.00), Gran-Comp brakes (\$18.00), Cool-Gear shoes--new, size 12 (\$15.00), Cinelli #64 bar, 38 mm (\$7.50); Stem, 105 mm (\$7.50), Campy downtube shifters (\$8.00) Pete Swan 649-4841

Warm-up suit, Wool, Blue (\$18.00) Ed Cottrell 573-1698

25½" R.E.W. Reynolds Frame-\$150
T.A. Chainwheel Set-\$30
Double Arm Bike Stand-\$90
VAR Truing Stand-\$60
All Equipment Like New.
"Boots" Ward
474-3239

AGE _____ CATEGORY _____

PHONE _____

LAST YEAR ACCOMPLISHMENTS-

THIS YEAR'S PLAN-

I WILL BE A VALUABLE TEAM MEMBER BECAUSE

In signing this form and upon selection to the NCVC Racing Team, I agree to participate in all club and team functions and to compete in all races selected by the club. I will take part in all state and National Championship events.

Signature _____
Date _____

SUPER DEALS

22½" Eisentraut B, Shimano equipped, Campy front derailleur, black, worlds trim. This bike goes very fast. \$350. Rick Barnett 338-8028

Ron Cooper Frames (New). 21" Track, yellow, \$190. 22 3/8 Raod, silver, \$190. Charles Lima 820-3458

Condor "Italia" frameset. Built with Reynolds 531 DB tubing, styled with long point Prugnat lugs, fastback stays, and standard Campagnolo dropouts. Fixtures: Cable guides underneath BB, stops on D/T for bar-end shifters, cable stops on chainstay, 3 cable housing guides on T.T. for rear brake, water bottle mounts. Size: 24.5" Color: Metallic Blue Condition: Very Good Extras: Campagnolo H.S., B.B., S.P. Price: \$300 or best offer. I will consider a suitable trade. Call Peter 986-8725, evenings.

Nervar Star Cotterless Crankset. 52-42, Italian thread, 70mm spindle. \$20 complete. Brooks Pro Saddle, \$18. Assorted freewheels, reasonable. Ed Cottrell 573-1698 After 7.

All new: Suntour pro-compe gold freewheel, 14-18, 5-speed, \$6. Clement #3 track tire, aged 2 years, silk, \$15. Shimano Dura-ace gear levers, \$9. Lambertini shoes, size 43, \$10. Pressure guage, dial type, \$3. One pair Michelin Elan tires, 27", \$35/set. One pair Michelin Elan tubes, 27", \$35/set. One pair Mavic hollow narrow clincher rims, \$35/set. Used Campy record pedals, black alloy cage, with clips and Binda extra straps, \$20. Ned Carey 948-1968.

Bike Rack, JCI, 4 place roof mount, excellent condition, \$20. Cinelli saddle (#2), \$6. Light race wheels, Weyless hubs, 272 gm rims, used once, \$45. Pete Swan 649-4841.

24" Ralieggh Pro track bike, all Campy, \$250. 25" Witcomb USA, 40¼ wheelbase, beige, TTT stem, Fiamme bars, Phil Wood BB, \$175. Blake Powell, 589-4218.

1978
NATIONAL CAPITAL VELO CLUB
MEMBERSHIP LIST

10

(All telephone numbers can be dialed locally in Washington unless noted with an area code designation)

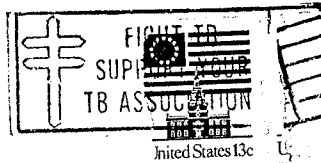
Class/Category Code in right hand column, as follows:

S - Senior	W - Women	A - Associate
J - Junior	V - Veterans	N - Novice
I - Intermediate	L - Life Members	
M - Midget	O - Officer	

Name	Address	Phone	Code
AUBURN, Stephen A.	4250 Glendale Road, Woodbridge, Va. 22193	703/670-7442	S-4
AUSMAN, David L.	6430 King Louis Dr., Alexandria, Va. 22312	750-3772	N
BALDWIN, Alan H.	1309 Trinity Drive, Alexandria, Va. 22314	370-1122	J
BARNES, Jeffrey C.	1521 N. 12th St., Apt. 8, Arlington, Va. 22209	524-3465	V
BARNETT, Rick	3924 W St., N.W., #4, Washington, D.C. 20007	338-8028	S-1
BLACK, Larry	Box 208, College Park, Md. 20740	277-2555	S-2
BLACK, Tim	3510 Quebec St., N.W., Washington, D.C. 20016	363-6937	S-4
BLAKE, John J.	9418 DuBarry Ave., Seabrook, Md. 20801	577-3550	S-3
BLIN, Arnaud	3327 O St., N.W., Washington, D.C. 20007	338-2982	J
BORCHARDT, Bruce	513 Fifth St., S.E., Washington, D.C. 20003	543-6241	S-4
BRADFORD, Jim	11808 Timber Lane, Rockville, Md. 20852	881-8723	S-1
BRADFORD, Jody			I-W
BRADFORD, Patty			M
BRITTAIN, Brad	1629 Columbia Rd., N.W., Washington, D.C. 20009	462-7334	A
BROOKS, Shawn D.	2912 Sycamore St., Alexandria, Va. 22305	548-2538	S-4
BROWN, Charles T.	4614 N. Chambliss St., Alexandria, Va. 22312	354-0543	V
BROWN, James	Rt 3, Box 512, Boonsboro, Md. 21713	301/432-6778	S-4
BUTLER, Michael C.	2219 Washington Ave., #201, Silver Spring, Md. 20910	588-4571	S-3
CAREY, Ned	9704 Breckenridge Pl., Gaithersburg, Md. 20760	948-1968	S-2
CARLSON, Rob	1859 Old Meadow Rd., T-3, McLean, Va. 22101	356-1942	S-3
CASEY, Jay O.	3800 39th St., N.W., Washington, D.C. 20016	966-6563	V
CLARK, Gilbert M.	979 Paulsboro Dr., Rockville, Md. 20850	340-7137	S-4
CLARK, Colin			I
COHEN, Alison	711 Arch St., #403, Ann Arbor, MI 48104	313/668-8131	W
COOK, Charles V.	704 Gleneagles Dr., Tantallon, Md. 20022	301/292-1562	V
COTTRELL, W. E.	2741 Gallows Rd., #203, Vienna, Va. 22180	573-1698	S-4
CRAVEN, Thomas E.	1209 Ruppert Rd., Silver Spring, Md. 20903	593-5722	S-3
CRESSY, Chris	12817 Cherrywood Lane, Bowie, Md. 20715	262-4865	S-2
CURTIS, Steven A.	9M Ridge Rd., Greenbelt, Md. 20770	345-7131	S-3
CZAPIEWSKI, Peter	1001 University City Blvd., N.W., #G-6, Blacksburg, Va. 24060	703/951-3760	S-3
DEL GROSSO, Al	711 Chesapeake Ave., Silver Spring, Md. 20910	588-9410	S-4
DOBROWOLSKI, Andy	12801 Twinbrook Pkwy, Rockville, Md. 20851	770-3288	S-4
DOCKENDORF, Linda	7900 14th Ave., #201, Langley Park, Md. 20783	439-2453	W
DORSEY, Ellen	Rt 1, Box 96A, Rixeyville, Va. 22737	703/937-4366	W
DOUGLAS, III, A. Hugh	2869 - 28th St., N.W., #22, Washington, D.C. 20008	483-8010	S-4
DuBOIS, Caroline	2138 California St., N.W., #414, Wash. D.C. 20008	797-7498	W
FISHER, Bob	4901 Tuckerman St., Riverdale, Md. 20840	927-4423	S-1
FORLIFER, Bill	Box 298-A, Rt 1, Lexington Park, Md. 21012		S-3
FREER, Nicholas M.	3107 N. Nelson St., Arlington, Va. 22207	243-6658	S-4
GIESE, Don	4938 Edgewood Rd., College Park, Md. 20740	441-2019	S-2
GINGELL, Gentry	5320 Dorset Ave., Chevy Chase, Md. 20015	652-5316	S-3
GOETZ, Gerry D.	2509 Duxbury Place, Alexandria, Va. 22308	780-7605	S-4
GRINBERGS, Mikus J.	1220 Noyes Dr., Silver Spring, Md. 20910	585-4922	V
GROSSNICKLE, C.J.	2716 Martello Dr., Silver Spring, Md. 20904	384-5099	V
GUTTAG, Steven T.	6612 Whittier Blvd., Bethesda, Md. 20034	229-0170	I
HARLAN, Jr., Robert	2300 Good Hope Rd., S.E. #919, Wash. D.C. 20020	423-2533	S-4
JOHNSTON, Jeff	9909 Cherry Tree Lane, Silver Spring, Md. 20901	593-0904	J
KLOTZ, Frank	6145 Leesburg Pike, #206, Falls Church, Va. 22041	379-2810	S-4
KOPPE, Steven D.	119 Rolling Road, Gaithersburg, Md. 20760	926-0140	S-4
Huber, Norman I.	14208 Weeping Willow Drive, #41, Silver Spring Maryland 20906	460-9130	V
Koskinen, Peter	2101 Connecticut, Washington, D.C., 20008	986-8725	S-4
Pribyl, Charles Lt.	'C' Co. - TBS- Box 46, Quantico, Va 22134	703/640-5241	S-1
Valdivia, Jorge	2138 California St., N.W., Washington, D.C. 20008	234-2298	Int/Novice
Néville, Deborah	5804 Tanglewood Dr., Bethesda, Md. 20034	229-0346	W
Rashid, Reno	" " " " " "	" "	S-2

<u>Name</u>	<u>Address</u>	<u>Phone</u>	<u>Code</u>
LEE, Kevin	7412 Wilhelm Dr., Lanham, Md. 20801	552-1190	S-2
LENZ, Paul	4 Monroe St., #608, Rockville, Md. 20850	279-0061	S-3
LEWIS, Ruthan	11500 Colt Terrace, Wheaton, Md. 20902	649-3849	N-W
LIDEN, Lawrence H.	Rt 1, Box 177, Prince Frederick, Md. 20678	301/535-3680	S-4
LIMA, Charles S.	5025 S. 12th St., Arlington, Va. 22204	820-3458	A
LIPOVSKY, Robert M.	4412 Oliver St., Hyattsville, Md. 20781	864-8086	S-4
LLEWELLYN, Ralph A.	R.R. #16, Box 209, Brazil, Indiana 47834	812/448-8434	V
LLEWELLYN, Mark J.			S-2
LLEWELLYN, Lisa S.			I
LLEWELLYN, Eric M.			M
LONG, John B.	4111 38th St., N.W., Washington, D.C. 20016	363-3276	J
MARBURY, Fendall	9010 Kensington Pkwy, Chevy Chase, Md. 20015	656-6370	V
MATTES, Hal	6705 Greenview Lane, Springfield, Va. 22152	569-5144	J
MATTES, Tuan	6705 Greenview Lane, Springfield, Va. 22152	569-5144	J
MAYRAND, Kurt	12305 Keel Turn, Bowie, Md. 20715	262-1951	J
McCORMICK, Kenneth	15603 Dorset Rd., #203, Laurel, Md. 20810	776-5774	S-3
McDONALD, Brian	200 N. Edison St., Arlington, Va. 22203	528-7019	V
MERGEN, Mark F.	4410 Franklin St., Kensington, Md. 20795	946-8387	V
MILLER, Karen M.	P. O. Box 5517, Washington, D.C. 20016	966-1751	W
MONROE, Richard L.	1911 R Street, N.W., Washington, D.C. 20009	265-3249	V
MOORE, Andrew	3616 DePauw Pl., College Park, Md. 20740	935-5785	S-3
MORRIS, Roy R.	3163 N. 17th St., Arlington, Va. 22201	524-7989	S-2
MORRIS, Marie B.			W
MOSCHETTO, John W.	6654 Hillandale Rd., #22, Bethesda, Md. 20015	951-0323	S-4
MOSS, Alan J.	10607 Montrose Ave., #202, Bethesda, Md. 20014	493-4957	S-4
MULLEN, James A.	13135 Morning Spring Lane, Fairfax, Va. 22030		S-4
NAUMANN, Victor R.	1517 11th St., #2, Santa Monica, Calif. 90401	213/394-7011	S-4
NUGENT, Jerry	12612 Knowledge Lane, Bowie, Md. 20715	464-8929	V
NUGENT, Geneva			W
PARKER, Craig C.	6166 Hardy Drive, McLean, Va. 22101	893-3611	J
PEDERSEN, Frank A.	9304 Kingsley Ave., Bethesda, Md. 20014	530-2387	V
PEDERSEN, David E.			I
PELZ, Mary L.	4801 Calvert Rd., College Park, Md. 20740	864-6152	W
PETTY, Michael B.	612 Philadelphia Ave., Takoma Park, Md. 20012	589-9460	S-4
POULSEN, Thomas K.	2009 Dundee Rd., Rockville, Md. 20850	340-2232	I
POWELL, Blake	8103 Eastern Ave., #111-B, Silver Spring, Md.	20910 589-4218	S-2
PREHN, John	220 King George St., Annapolis, Md. 21401	301/268-3477	O
RASHID, Alan	5804 Tanglewood Dr., Bethesda, Md. 20034	229-0346	S-3
READ, Harry	1718 Preston Rd., Alexandria, Va. 22302	683-6599	S-3
REFFELL, Grahame E.	5150 Fulton St., N.W., Washington, D.C. 20016	362-0619	S-4
REHM, Christopher A.	13211 Memory Lane, Fairfax, Va. 22030	378-5616	J
RUSK, Robert V.	4710 Arbutus Ave., Rockville, Md. 20853	933-7848	S-4
RYAN, Tom	2339 40th Pl., N.W., #203, Wash. D.C. 20007	965-8927	S-3
SAYER, Bryan	20400 Aspenwood Lane, Gaithersburg, Md. 20760	926-3117	J
SEARCE, Reed	10401 Grosvenor Pl., #409, Bethesda, Md. 20852	493-6989	J
SCOTT, Jr. Douglas	9300 St. Mark's Pl., Fairfax, Va. 22030	591-4712	J
SHEFFIELD, Harley	11831 Enid Dr., Potomac, Md. 20854	983-1785	V
SHEFFIELD, Fred			J-N
SHELDON, Robert	4107 Ellicott St., N.W., Washington, D.C. 20016	363-3847	A
SIX, Steve	1200 N. Quaker Lane, Alexandria, Va. 22302	379-6225	V
SNEAD, Richard M.	18911 Smoothstone Way, #4, Gaithersburg, Md. 20760	977-9223	S-4
STEVENS, Peter B.	9412 Holbrook Lane, Potomac, Md. 20854	299-4893	L-S-3
STEVENS, Jr. Peter			S-3
STICKLE, Richard W.	24-B Fort McNair, Washington, D.C. 20024	554-4274	S-4
STORCH, Tom	2723 Blaine Dr., Chevy Chase, Md. 20015	588-4782	S-4
STREETER, Jr., Elmer	7308 Den Meade Ave., Oxon Hill, Md. 20022	248-1726	S-3
SWAN, Peter	1400 Gridley Lane, Silver Spring, Md. 20902	649-4841	S-4
TALLET, Thomas J.	2063 Wethersfield Ct., Reston, Va. 22091	476-4265	S-4
TAYLOR, Reeves R.	670 N. Main, #6-G, Providence, R. I. 02904		S-3
TOBIAS, Alfred	Box 686, Pacolet, S.C. 29372	803/474-2950	S-2
TOBIAS, Donna			W
TRUNEL, Jean-Claude	3020 Dent Pl., N.W., #16, Wash. D.C. 20007	333-0868	S-4
VAN NESS, Wesley	4002 Adrienne Dr., Alexandria, Va. 22309	780-4453	V
WHITE, John A.	401 Hamilton, Silver Spring, Md. 20901	589-1897	V
WIGGANS, George	9607 Franklin Ave., Seabrook, Md. 20801		S-4
WILLIAMS, Dean	6607 Holford Lane, Springfield, Va. 22152	451-1297	J
WILLIAMS, Robert	1260 Talbert St., S.E., Washington, D.C. 20020	678-4794	S-3
WOOD, Stephen L.	807 Toro, S.E., Albuquerque, N. Mexico 87123	505/299-1621	J
WOOD, Larry W.	P.O. Box 24212, Southwest Station, Washington, D.C. 20024	554-4887	V
WOODBURN, John B.	4358 Lee Highway, #1, Arlington, Va. 22207	528-0791	S-4

NCVC



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