

National Capital Velo Club, Inc.

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

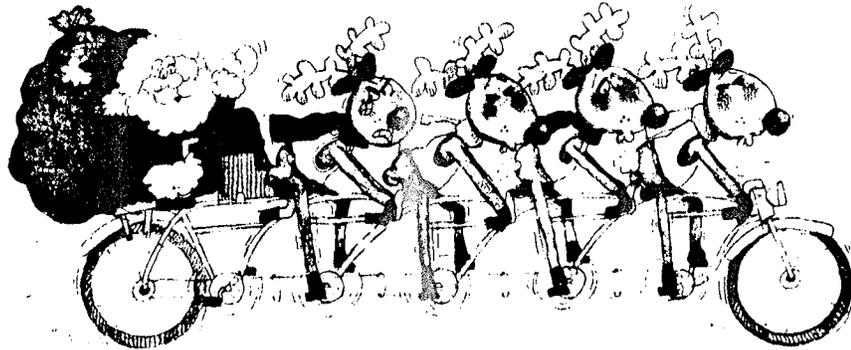


NCVC NEWS

JANUARY 1979

A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL

HAPPY NEW YEAR



"TOUR DE MOORE" HEADLINES NCVC'S FIRST MEETING OF 1979

The 28-minute movie "Tour De Moore '78" will be shown at the January 8, 1979, General Membership Meeting. The meeting will start at 8:00 P.M. at the the National Park Police Headquarters, Hains Point, Washington, D.C.

Subjects to be covered include (but are not limited to):

- Affirmation of Officers for 1979
- Club goals for 1979
- NCVC 1979 racing schedule

For further information contact Pete Swan 649-4841.

SUNSHINE IN JANUARY?

The NCVC Executive Committee will hold its first meeting on January 4, 1979, 8:00 P.M., at the residence of Peter Swan: 1400 Gridley Lane, Silver Spring, Md, 20902

Call 649-4841 for directions. All members are welcome.

JACKSON AND NUGENT GET TOP HONORS AT ANNUAL BANQUET

The club's 1978 Awards Banquet turned out to be an enjoyable evening for all in attendance thanks to the super organization of Pete Swan and Larry Black. Linda Dockendorf and a crew of hardworking chefs prepared a delicious meal which had almost everyone coming back for seconds. Some, however, returned with empty plates since food was only planned for the 35 who made reservations and a total of about 90 showed up. But all in all, everyone seemed happy.

Top awards went to Ian "The General" Jackson and Jerry "Super-Vet" Nugent as Riders of the Year. Mike Petty was awarded "Rookie of the Year" for his phenomenal performance during the season, and "Motoring" Mary Pelz received an award for Most Improved Rider. Best riders in their category went to Laurie Wigell (Women), Ed Cottrell (Cat. IV), Al Rashid (Cat. III), and Hal Mattes (Junior). Thomas "Mr. Somerville" Krough-Poulsen won the "Most Promising Young Racer" award and "The Dynamic Duo," "Fast" Eddy Slaughter and Paul "Animal" Pearson were honored as the "Best All Around Racers" of the club.

The list of members who received awards for service to the club was headed by Paul Lenz who received a lifetime membership plaque and Mike for all the times "The Butler Did It" when it needed to be done. Other awards went to Pete Swan, Martha Rainey, John Prehn and Caroline DuBois. Pete Stevens took the opportunity to thank all those who helped to put on the Junior World Championships.

In addition to the food and awards, four enjoyable films were shown, helping to leave the crowd inspired for next year's racing season.

BARNETT IN SEARCH OF NIRVANA

NCVC NEWS has received a letter from our wandering cyclist "Le Machine" Richard Barnett. As you will read his mind is not exactly on winter training.

"Mirhaba for Istanbul,

Being in Turkey* reminded me to write the newsletter editor a letter and convey to fellow Georgetowners -Seasons Greetings from abroad.

You may be wondering what I'm doing over here. My mother does too. Actually I'm on my way to Los Angeles and I'm taking the long way. Our L.A. connection, Vic Nauman, is expecting me in February and I can't disappoint him.

Istanbul is a strange city - very shabby with hovel within eyesight of skyscraper hotels - a bit like D.C. The people have a fierce look to them; one British traveler I met claims they would slit your throat for a fiver. I had a brush with Istanbul night life, but I was well fortified with Raki (Turkish firewater) before venturing onto the street. I did not repeat. Oh, the Turkish bazaar is a sight to behold -- right out of some movie.

Prior to Istanbul I was in Rome and Athens. Rome is collapsing, Athens is not.** I was also on the Island of Rhodes which is a sight to behold. No cycling though, just crazy Greek drivers.

The evening prayer is currently being sounded from the various mosques in the city. It's quite a sound and can be heard easily above the blaring horns and Turkish street vendors.

Tomorrow I leave for Katmandu, Nepal, via Dehli, India, where I will spend 15 days trekking in the Himalayas for some high altitude training. Then I'll drop down to Calcutta -- cross the Indian Ocean to Bangkok -- down to Philat -- pick up a sloop to Pinong, Malaysia -- then drop down to Singapore. From there I'll fly home via Hong Kong and Hawaii.

If I don't have an incurable case of dysentery, worms or worse, I'll be ready for the '79 cycling season in time for the NCO."

Until then--
Allahaismailadik,***

Rick B.

* Look who's talking
** As profound as ever
*** Turkish for "Keep'M'Spinin"

WINTER CLINICS

WEIGHT TRAINING

Friday, Jan. 12, 7:30 p.m. at Georgetown Cycle Sport (Bethesda) Bob Thompson, a weight training expert, will give a free clinic, concentrating on the muscle power concept that has proven successful in other sports. Muscle power is a concept that includes strength, flexibility and endurance.

NCVC TO HOST EDDIE "B" CLINIC

On February 10-11, USCF National Coaching Director Eddie Borysewicz and an unnamed staff will conduct a clinic in the Washington, D.C. Area for riders of all categories. Admission fee for the two day program will be \$15.00. Location and registration information for the clinic will be announced at a later date.

ROLLER RACES

Roller races will be held every Friday in January at the Georgetown Cycle Sport shop in Bethesda. Races start at 7:30 p.m.

GRAFTEX/EXXON SEMINAR DRAWS CROWD

Over ninety cyclists were in attendance for the Friday night session of the John Howard Riding Clinic; many of these new faces prompted to come by a well timed article in the Washington Post Weekend Section --special thanks to Pam Whitehead.

After an interesting lecture on the construction, history, riding characteristics, and unfortunately for most --the price of a Graftex frame (during the break many in the crowd were overheard talking about second jobs or mortgages in order to obtain the necessary funding) John got down to business with an inspirational film on the Tour De France. The subsequent question and answer period, enceed by Jim Montgomery, covered everything from the "WILL TO WIN" to proper seat height. John was aided by the ageless sage of U.S. bicycle racing -- Bobby "The Baltimore Bullet" Phillips

The Saturday morning session produced a small but hearty group of riders, despite the bone chilling conditions. John used this time to give individual position evaluations and answer any lingering queries. Longer stems seemed to the order of the day, providing Georgetown Cycle Sport with some unexpected business.

Thanks goes to the Graftex Division of Exxon Enterprises for suppling John Howard's expertise and to Danny Wagner and Larry Black of Georgetown Cycle Sport for the use of their showroom.

NCVC MEMBER GAINS FAME IN ANOTHER SPORT

Former club president Steve Six placed first in the Master's class in a 6.2 mile running race held in New York City. His time was 37:38.

A reminder: there is an additional \$5.00 reinstatement fee charged to those who fail to renew their membership before Feb. 1st.

SWAN HEADS FOR NEW WATERS

After doing a superb job as newsletter editor in 1978, Pete Swan has turned the task over to me so that he can contribute to the club in other capacities. He deserves warm thanks from all of us.

And now what I need is help in the way of articles, ideas, race results, letters to the editor, etc., to keep this paper the informative journal that it is. You can call me at 587-5489 or send your letters and/or articles to 225 Grant Ave., Takoma Park, MD. 20012.

Thanks,

Mary Pelz

HEY, COACH!

Cycling has been a sport without qualified coaches for many years, and now that qualified coaches are being trained, cyclists are not quite sure how to react. In many sports the coach has the authority to provide specific direction and either you do it his way or else. Because I am not looking for and do not have any authority over the team or individual riders, you are under no obligation to heed any of my advice. With that disclaimer, how can I help you?

First of all, in order for any coach to have a significant effect on you, it is necessary for the two of you to interact at least several times a week. So while I am willing to give you the benefit of my experience and training by answering your questions, if you want the real benefits of a coach, you will have to find a way for us to get together on a regular basis. Because I believe in quality workouts, by training with me, I claim that I can help you much more nearly realize your cycling potential.

I do believe there is a vast amount of individual differences, and that everyone's training schedule must be individualized. Nevertheless, we have managed to tailor our workouts for up to four riders' individual needs in the past. I look forward to helping any rider willing to take the sport seriously. I provide only one warning: I believe in pushing you to your limit as often as I can in order that you learn both your strengths and weaknesses.

Specifically, I can answer any of your individual questions on position, equipment, and tactics, and:

- identify strengths and how to capitalize on them
- identify weaknesses and how to minimize them
- provide individualized training schedules
- give special clinics
- minimize the outrageous fads or extremes
- coordinate other coaching efforts
- encourage positive team tactics
- provide on-the-spot racing advice on strategy, where to start your sprint, best position from which to sprint, team work

Again, however, I would like to warn you that I can't make specific enough suggestions to help you unless you let me know you. And that means riding together so that I can find out your strength on the hills, in a breakaway, as a time trialist and as a sprinter. In that latter category, I am sure I can make a 100% difference in many of you. While I can give you some tips, I can do much more by helping you on the bike. Last year during May through September I rode from 5:45 to 7:15 p.m.* almost every evening, which should make me accessible to many of you. I simply want to see you get the most out of the sport for the time which you invest. And I would like to see NCVC teams dominate the East Coast racing scene in every category. What about you?

Jim Montgomery

* Perhaps weekly training rides can be set up at Haines Point or Rock Creek Park.

SUPER DEALS

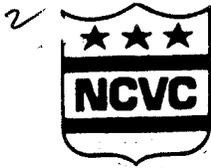
24" Cinelli, all Campy. \$495. Call Pete Swan 649-4841

Two NCVC Jerseys for sale, Used, but meticulously cared for. 1 wool Oliver Martin Protog. 1 Lambertini Professional 100% knit-acrylic (cool and durable), red/white center. Call Elmer Streeter 248-1726

INSTRUCTORS NEEDED

Alpha Bicycle of Rockville, Maryland is on the move to establish classes for bicyclists on various subjects including bicycle maintenance and repair, touring, commuting and first aid. They are currently recruiting up to 10 paid instructors for this project.

If you would be interested in this type of work contact Mike Lepping on 340-0050, or stop by Alpha Bicycle, 2011 Veirs Mill Rd, Rockville, Maryland, 20851.



MEMBERSHIP RENEWAL TIME AGAIN



JOIN NOW ----FOR 1979

Below you'll find the 1979 NCVC membership application form. Anticipating that you will be riding with us in '79, we ask that you please submit your annual membership fee at this time and avoid the hassle of the membership secretary hounding you next year when you'll want to devote all your energies into training--and winning.

1979, of course, will be an exciting year for all members of the National Capital Velo Club. Our sponsorship picture looks bright -- 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 one of the East Coast's premier races: The National Capital Open (in April). For this Classic we will be calling upon all NCVC participants to assist in keeping up the fine tradition and high standards for race promoting established by our predecessors.

1979 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 _____ TELEPHONE _____
ADDRESS _____
DATE OF BIRTH _____ CITIZENSHIP _____ OCCUPATION _____
USCF LICENSE # _____ 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 ___ Race Promoting ___ Telephoning ___ Aid With Newsletter
___ Organize Club Rides ___ Provide Transportation To Races ___ Provide Housing For Out-Of-Town Riders

___ YES, I recognize that we will all have to assist if the National Capital Open is to be a success in April. 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:

Pete Rusk, Membership Secretary
4710 Arbutus Ave
Rockville, Md 20853 (Phone 301-933-7848)

The Bicycle Place
2411 University Blvd., W.
Wheaton, Md.
301-942-4455
8521 Colesville Road
Silver Spring, Md.
301-588-6160
SEE THE FABULOUS "RACER-MATE" WIND LOAD SIMULATOR
--Racer-mate only \$74.95
--with stand \$119.00

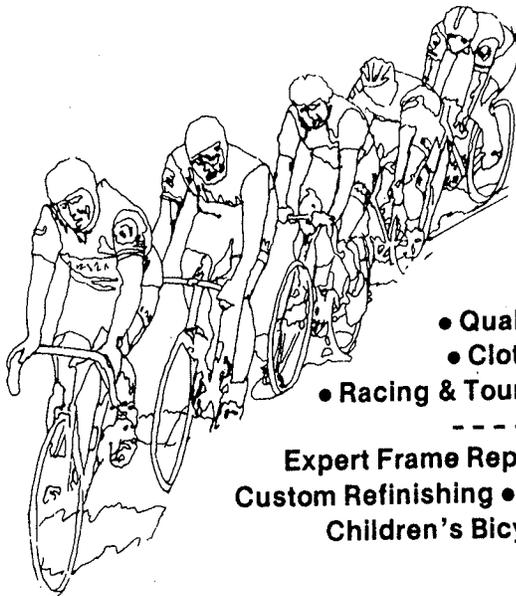
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768-8400

WILDWOOD SHOPPING CENTER
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