

National Capital Velo Club, Inc.

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



NCVC NEWS

APRIL 1979

A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL

ROCK CREEK RESCHEDULED

The new dates for Rock Creek are Sunday April 29, May 6, 13 and 20.

On May 6 registration will be at 6:45 a. m. because we have to be out of the park by 9:00. All other Sundays it will be at 7:00 AM,

G. W. PARKWAY TIME TRIAL SERIES MARCH 1979

With the long winter lay off riders seemed happy to get back on the road and time trial enthusiasts took the opportunity to show their stuff. An overweight Rick Barnett kept his title of time trial king, but only by 2/10 of a second over a very fit Arnaud Blin. Surprise of the series, new Junior time trial champ, young Fred Sheffield had the 3rd fastest ride. Eric Holterman was the best Intermediate and Ed Brown was the fastest Vet.

<u>Name</u>	<u>Fastest Time</u>	<u>Name</u>	<u>Fastest Time</u>
R. Barnett	25:03.6	P. Swan	28:26
A. Blin	25:03.8	A. Hirshman	28:26
F. Sheffield (Jr.)	25:24.6	M. Raleigh	28:36
E. Brown (Vet.)	25:48	L. Noah	28:52
J. Kuh	25.48	D. Montgomery	28:52.2
E. Holterman (Int.)	25:53	C. Rehm	28:52.8
R. Fisher	26:01	M. Pelz (Woman)	29:06
H. Mattes	26:12	A. Rashid	29:29
G. Raffel	26:24	V. Nauman	29:19
R. Scarce	26:28	J. Levine	29:35
N. Freer	26:33	N. Walker	30:02
R. Rashid	26:36	W. Van Ness	30:03
A. Baldwin	26:43	J. Mills	30:07
B. McDonald	26:47	G. Holterman	31:03
A. Brown	26:55	M. Noah	31:45
K. McCormick	27:53	J. Woody	32:55
W. Davis	28:14	D. Lee	36:08

The rest of this article will be devoted to a step by step procedure for executing the proper line.

Enter the curve from the outside. By this time your line should be planned. Glance over your inside shoulder to check for other riders now because you will be too busy once in the turn. Use reference points on the side of the road to mark important positions. When point 1 is reached deceleration begins. Brake with the front brake. Smooth braking is a must. Brake softly at first and increase smoothly. When point 2 is reached you should be slowed to proper entry speed.

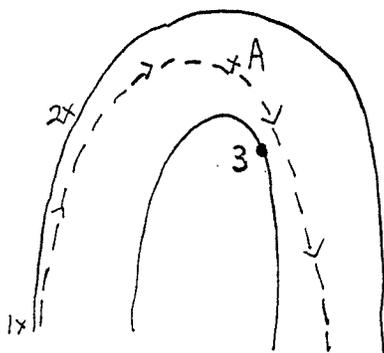
It is now time to begin moving toward the inside. You should ride a smooth arc from point 2 to point 3, the point where you hit the inside curb. This is where effective braking pays off. By using your brakes correctly you will almost automatically decrease the radius of your turn and move to the inside. Point A is where maximum braking should occur. Brakes should be released as smoothly as they were put on. Also remember to steer with your hips, not your hands.

Upon reaching point 3 your brakes should be fully released and you should be prepared to accelerate out of the curve. This is where all the hard work in the beginning of the corner pays off. Your line from here is almost straight and you can accelerate as fast as you wish and not worry about going off the road.

Also, you have much more freedom to choose your position on the road. By adding a little more curve you can come out closer to the inside. By flattening the curve you can go to the outside. This allows you to move around other riders more easily or set up for the next turn more conveniently.

With practice the above technique should become one fluid motion. Remember, there is no substitute for skill, and skill comes only with practice. Start slow and speed it up as you improve. A little time and effort now will really pay off during the height of the season. If you can corner properly it puts you one step ahead of the guy next to you. It could be the step that makes the difference.

Reno Rashid



UPCOMING EVENTS

- APRIL 28- Towsontowne Gran Prix: Sr. 1&2, 374, Vets., Women, Jr.
- April 29- Georgetown Cycle Sport Open- all classes, Registr. 11:00 at IBM.
- April 25- May 1, Bicycle Week in D.C.
- May 3,10,17,24,31, IBM Races, registration at 5:45
- April 28- Tour de Moore- Senior Men & Women.
- April 29- Capital City Criterium, Raleigh N.C. Sr. 1&2, 3&4, Jr. Women, Vets.
- April 29, May 6, 13, 20- Rock Creek Series.
- May 5- Harvard ID and Women's BAR, Cat. I, II, III, Vets. Jr. Women
- May 13- Maryland Road Classic, Sr. 1&2, 3&4, Women, Intermediate, Jr., Vets.
- May 7- 8:00 Club Meeting - Natl. Cap. Parks Hdqtr. (Haines Point)

Editor's Note- Please forgive the tardiness of this newsletter, The airline strike stranded me in Seattle, and other good excuses. I'll have the May issue ready for the May 10 IBM race.

FROM THE DIRECTOR'S SADDLE

\$\$\$

Well, it's settled. At the April membership meeting, after spending most of the evening discussing what to do with the club's sponsorship money, we came up with the following: the club will (1) refund all entry fees to open races; (2) assist with travel money to special events; (3) rewards for best 3 to 5 performers each month; (4) assist in travel money to the Nationals.

Please note: (A) if you are not going to the open races designated by the club, we will only refund entry fees if 5 or more members are entered; (B) qualifying for the Nationals will not qualify you for travel money; (C) we are assisting cyclists who will be a credit to the club and themselves. We are not supporting anyone's hobby or paying a salary.

Transportation

I take it everyone is set with transportation for open races as I've only heard from one family...

Team Time Trial

With the absence of the club's traditional April series in Rock Creek Park, we were stuck with two Sundays open. With the club dying for some pack riding before the Open, we decided to have some Team Time Trials and Training Rides. I must report it turned out quite well. We even had two members from "That Other Club" there. From the turn out it seems as though the club is really into the team racing thing, so I encourage wherever possible train and practice as a team. It's really fun contributing to a winning effort. I expect to hear from you on teams at Rock Creek and IBM.

Entry Fee Reimbursement

In order to be reimbursed for entry fees, please submit to me a record of past month's races: (1) date; (2) name of race; (3) entry fee; (4) place finished.

Tires

Tires will be issued to members with a record of placings or consistent aggressive racing. But please do not call me every time you place to ask me for money or tires. Remember what kind of money we have and the season began in April and will end in October. Please keep your mind on winning and forget about the money. If you perform you will get what we have. Remember a top 3 finish is an outstanding performance; 4 - 10 is good, although again it depends on the field and the prestige of the race. Look, this thing is getting a bit tired trying to explain. You elected a president who appointed me and decided not to come to meetings and discuss it, so have some faith in your elected president's appointee and my reputation for being fair. Also, my job is really to help you win races not make you \$5.00 or \$10.00 richer. Let's win a few and forget the money.

Reward

If you would like to make \$5.00 get a new Intermediate, Junior or Woman into the club and to an open race and I'll pay you \$5.00.

NCO

What about the coverage on NCO? Wasn't that great? I even heard results the next day on two radio stations. The races showed me that we do have a strong competitive Junior team and as soon as they can get the teamwork together -- watch out! Congrats to the Sponsors, organizers and competitors; it was a fine event.

It just occurred to me that I have not yet made my annual prediction as yet ... so watch for the names Art Brown and Fred Sheffield.

Cheers

Mike

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CLASSIFIEDS

FOR SALE:

Track Bike 23", Alpine/Mercian; great training bike. \$225.00 complete with extra chain rings and cogs. Call Ed Cottrell, eves. after 6, 476-4716.

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