

# National Capital Velo Club, Inc.

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



## NCVC NEWS

JUNE 1979

A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL

### SPRING ROCK CREEK SERIES — WET AND WILD

In what could be better titled "The Slippery Rock Creek Series" the competition for top honors was fierce in all classes — midgets included. Kevin Lee proved that he has designs on this years District Road Championship by destroying a strong A-class field. Nick "The Mountain Goat" Freer kept B-class panting with his rocket charges up heart break hill barely edging out the win. George Sheffield showed us some of Fast Freddie's speed and power with an easy win in C-class. Nick Walker kept his head as low as his brake levers and lead the charge to the line for D-class, leaving a heavy like the Bike Wheelie muttering to himself that "this guy is unreal." Last but not least, the midget class saw some spirited riding with an eventual first place tie between J. Jones and D. Lettman.

A-Class			B-Class			C-Class		
	Pts	Prize		Pts	Prize		Pts	Prize
1) Kevin Lee	17	\$7	Nick Freer	22	\$7	George Sheffield	24	\$7
2) Jerome Kuh	10	6	T. Jones	21	6	John Woodburn	15	6
3) Bob Fischer	9	5	Jim Brown	8	5	Mike Raleigh	10	5
4) Jim Montgomery	7	4	George Wiggan	3	2	John Mills	7	4
			Tom Craven	3	2			

D-Class			Midgets		
	Pts	Prize		Pts	Prize
1) Nick Walker	21	\$7	J. Jones	15	Certificate
2) Jim Haddock	7	5	D. Lettman	15	"
3) J. Ford	7	5	M. James	12	"
4) J. Heyman	7	5	S. Jones	11	"

ALL PRIZES ARE CASH ALLOWANCES AT EITHER GEORGETOWN CYCLE SPORT

### MAY GEORGETOWN CYCLE SPORT SERIES — LIFE IN THE FAST LANE

Tight cornering and long sprints are the order of the day for the all new IBM criterium course. Due to a Montgomery County call for open roads on the course, the direction and lane have been changed — and a change for the better. With the finish line on the far side spectators have a fine view of the race from the top of the ridge and the sprint is more wide open for the riders. In addition, being an Open Series the race is drawing riders from the entire region as well as a few celebrities like Wayne Stetina, Tom Shuler, Bobby Phillips, Paul Pearson, Mac Cannon and Ian Jackson.

A-Class			B-Class			C-Class		
	Pts	Prize		Pts	Prize		Pts	Prize
1) Paul Pearson	45	\$13	Ari Hirschman	29	\$12	George Sheffield	21	\$8
2) Chris Meerman	37	10	Jerry Nugent	13	9	Gerry Geotz	15	7
3) Jim Montgomery	30	9	Tom Craven	10	8	John Mills	13	5.50
4) Fred Sheffield	29	7	Graham Reffel*	7	5.50	Wright Davis	13	5.50
5) Kevin Lee	27	6	Jack Clark	7	5.50	Nick Walker	12	4

D-Class			Midget		
	Pts	Prize		Pts	Prize
1) Darrow Montgomery	20	USCF License	Gordon Reed	11	Certificate
2) Jim Haddock	14	\$6.50	#55 ?	4	"
3) Eric Salminen	14	6.50	Josh Black	3	"
4) Hutch Magwood	10	5	#11 ?	3	"
5) Eugene Jones	7	4			

ALL PRIZES ARE CASH ALLOWANCES AT EITHER GEORGETOWN CYCLE SPORT  
BE SURE TO THANK DANNY WAGNER AND LARRY BLACK FOR THEIR FINE SUPPORT

RACE RESULTS

MD ROAD CLASSIC

Jrs.  
Fred Sheffield-2nd  
Craig Parker-3rd

Intermediates  
Gordon Holterman- 2nd  
Eric Holterman-3rd

Vets  
Jerry Nugent-5th

Women-  
Mary Pelz-6th

TOUR OF NUTLEY

Jrs.  
Fred Sheffield-3rd  
Hal Mattes-4th  
Craig Parker-10th

VETERAN'S "MINI STAGE, JUNE 2 AND 3

Jerry Nugent- 12 1/2 mile Time Trial- 3rd  
25 mile criterium- 6th  
Overall- 5th

Geneva Nugent- Time Trial-2nd  
Criterium- 2nd  
Overall- 2nd

KEYSTONE OPEN

Jrs.  
Fred Sheffield- 1st

Ladies Racing Festival

Mary Pelz- 3rd

Lehigh Valley Challenge

Sr. 1 & 2  
Mike Petty- 2nd

Vets  
Jerry Nugent-7th

GOTHAM ROSS CUP

Jrs.  
Fred Sheffield-7th

SOMERVILLE

Jrs.  
Craig Parker-8th

Intermediates  
Gordon Holterman-2nd  
Eric Holterman-3rd

KEY BANK, SYRACUSE N.Y.

SR. 3&4  
Jack Moschetto-1st

Editor's Note- These race results are complete only up to early June. Your help would be greatly appreciated in compiling this info. for future issues. If I leave something out or if you wish to submit some results please do so in writing and mail them to me or give them to me at IBM.

**STANDARD ATHLETE'S ENTRY BLANK AND RELEASE FORM**

TO THE PROMOTER: Please accept my entry in (race) \_\_\_\_\_  
 Class and category \_\_\_\_\_  
 on (date) \_\_\_\_\_ Fee of \$ \_\_\_\_\_ is enclosed.

In consideration of the acceptance of my application for entry in the above event, I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in said event. This release is intended to discharge in advance the promoters, the sponsors, the U.S.C.F., the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees), from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle racing; and that participants in bicycle racing occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle racing, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.

It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

Signature of entrant \_\_\_\_\_ Today's date \_\_\_\_\_ Age \_\_\_\_\_  
 Signature of parent or guardian of minor \_\_\_\_\_  
 Name (print) \_\_\_\_\_  
 Street \_\_\_\_\_  
 City, state and zip \_\_\_\_\_  
 USCF club \_\_\_\_\_ USCF Reg. No. \_\_\_\_\_



THE PRESIDENT'S PERCH

Hope you had a chance to get up and see the triple crown of American bike racing—Gotham-Ross, Nutley, and Somerville --this year. This year's programs read like a "Who's Who in American Bike Racing" past-present-and-future. Juniors Fred Sheffield, Hal Mattes and Craig Parker lead the NCVC attack with enough scoring to secure all expense paid tryouts for the upcoming Junior Worlds Road and Track Teams. First year intermediate Gordie Holterman, Jr. (last years Midget winner) put on a strong move to take second place at Somerville, with brother Eric not far behind. And being the only Woman rider in the club has not dampened Motoring Mary Pelz spirit as she placed third in a fine ride at Princeton's Ladies Day B.A.R. And how about Fred Sheffield's impressive win at the Keystone Open. The sky is the limit for this young man.

This year's Spring Rock Creek Series, punctuated by copious amounts of rain, gave those riders with plenty of early season miles a chance to show their stuff. Many thanks to Big Jim Mullen and company for a fine promotional effort. The new and improved Georgetown Cycle Sport Series, which also saw rain on opening night--3rd year in a row-- appears to be drawing bigger and faster crowds each week. Big names like Wayne Stetina, Tom Shuler, Paul Pearson, and Chris Meerman keep the pace lightening fast and give NCVC riders the finest training money can buy.

More than just a training vehicle for riders, we are hoping that the Georgetown Cycle Sport Series will provide all club members with the opportunity to polish their official and promoter skills. To date only a handful of club members have participated in the weekly operation. A rotational system similar to our current road guard operation for starters, scorers, pickers, registration chief, etc. would surely provide the answer to this goal. Don't be shy — jump into a new slot each week and round out your bike racing talents.

Our hat's off to newly appointed Maryland/Delaware District Represent Ken Gyory. His business like approach to the job and genuine concern for the rider s needs are like a breath of fresh air in the stuffy bureaucratic maze of the U.S.C.F. Introduce yourself to him at the District Championships and ask how you can help.

MAY YOUR WHEELS STAY ROUND

*Pete*

FROM THE DIRECTOR'S SADDLE

POINT STANDINGS THROUGH APRIL

Hal Mattes	42	Jim Montgomery	18
Fred Sheffield	39	Mary Pelz	16
Gordon Holterman	34	Reed Scarce	15
Eric Holterman	32	Mike Petty	10
Art Brown	28	Ed Cottrell	8
Jerry Nugent	22		

Since the position of Team Director did not turn out the way I had hoped, I have decided to step down and give some new blood a chance. I prefer to work for the club where my efforts will be gratifying and my energy is beneficial to all concerned. I stay available to help anyone in the club or the sport whenever I can...

Cheers

*Mike*

CLUB OFFICERS

Title	Name	Phone
President	Pete Swan	649-4841
Vice President	Larry Black	277-2555
Treasurer	Paul Lenz	279-0061
Secretary	Alan Rashid	229-0346
Membership Chairman	Pete Rusk	933-7848
Maryland Rider Rep./ Editor	Mary Pelz	587-5489
Virginia Rider Rep.	Nick Freer	243-6658
Team Coach	Jim Montgomery	471-7656

## LADIES DAY, PRINCETON, NEW JERSEY

Riding in a 4 person break with Mary Jane Reoch at the Ladies Racing Festival in Princeton, New Jersey, was one of the highlights of my racing career. The thrill was capped when she congratulated me afterwards for a good strong ride.

I got to the course about 10 minutes before the race thanks to some lousy directions... just enough time to pin on my numbers and run to the woods for my ritual pre-race meditation, etc.

The roads were wet and a light drizzle began soon after the start. We were informed that the course was open to traffic and were promptly greeted by a semi-truck barreling down the road in the opposite direction. One more of those, I thought, and I'm dropping out of the race; fortunately, it was to be the last.

A crash on about the 3rd lap of the 3 mile loop put 10 of us out in front, with Ellen Dorsey, ex-NCVC competitor, riding strong in the second pack. The pace was steady but not real hard. Reoch, Leslie More and Betsy Davis were eyeing each other and not paying much attention to the rest of us, which is often the case in women's races. On a few occasions I tried unsuccessfully to maneuver a break with some of the other riders.

With three laps to go Reoch, More, Betsy Whittaker and I broke away with words of encouragement from Reoch. Betsy Davis tried to catch us but failed. Reoch powered off from us with 1/3 of a lap to go. I tried to out-muscle More to the finish, but she sprinted around me at the end. Whittaker finished the 30 mile race in 4th place. Ellen Dorsey was in fine form as she won her field sprint to take 11th place. It was encouraging to me, a relatively new rider, to know that I was capable of mixing it up with some of the best.

Mary Pelz

### USCF ACCIDENT INSURANCE POLICY

The policy is a group contract issued with the Northeastern Fire Insurance Company of Pennsylvania under their policy number . The policy is designed to ease the burden of medical care due to injuries incurred in USCF sanctioned activities, such as a bicycle race and training camps. It also provides coverage for injuries incurred while traveling to and from such scantioned activities. Only USCF licensed competitors and officials are covered under this policy.

The policy limit is \$100,000 (subject to certain policy limitations) and is issued on a full excess basis. This means that the USCF policy will pay any claims after an individual's personal insurance coverage (if any) has been exhausted. The policy also contains a \$50.00 deductible clause. The purpose of securing a full excess policy is two fold:

1. It eliminates duplicate payments, and
2. It enables the Federation to secure a very low rate.

While I consider this one of the best policies that any National Governing Body has for its athletes, I would also like to caution you that this policy provides coverage for injuries incurred in USCF sanctioned activities only. It does not provide coverage for sickness, other bicycle riding injuries or non-cycling injuries.

I strongly urge that you encourage your membership to review the extent of their personal insurance coverage and needs with their parents or their insurance agent. The procedure for handling claims will be as follows:

1. A supply of claim forms will be mailed to all district representatives. Forms will also be available at the New York office of the Federation:  
101 Maiden Lane  
New York, NY 10038  
Telephone number - 212-422-9080
2. The injured party must submit their bills to their personal insurance company first. They should request a form from the USCF only if their personal insurance policy does not cover the entire amount.

3. The form must then be completed and signed by the district representative or Chief Referee if the district representative was not in attendance. The district representative will also be instructed to insert the athlete's license number and race sanction number on the claim form.
4. The completed application (with all bills attached) must be mailed to the Claim Administrator: Joe Maksin Insurance Managers Agency, Inc.  
1625 Oregon Ave., P. O. Box 20102  
Philadelphia, PA 19145

Note: I would suggest that a copy of the application and bills be retained by the injured party - just in case.

Montgomery's  
Mid Season Points to Ponder

#### 1) TRAINING = WORK + REST

Many riders, particularly those who work full time, need to remember that those hard workouts on the bike will not pay off until after 9 hours of sleep. Your training schedule must take into account both time on the bike and in the sack. It is true that the amount of sleep which riders require varies widely, but as train for endurance by riding long rides, your sleep required for recovery will increase. Use your resting and difference pulses to gauge your recovery. One beat higher than your minimum in 15 seconds is normal for training. Two beats higher indicates incomplete recovery and three beats indicates that a rest day is needed; for instance, if your minimum is 9, then consider a rest day if your pulse is 12. Difference pulses should be even more accurate and an increase of only 2 beats probably indicates the need for a rest day. Another reliable indicator of over-training is a three pound drop in weight.

#### 2) Greatest Improvement Comes Through Work Both on Your Best & Worst Assets

So many of us choose to ignore our weakest area, such as time trialing, and concentrate on our strongest asset, say sprinting. A couple issues ago I suggest that you have yourself rated and that you would do best to work on the area in which you would make the greatest improvement. You need a strength on which you can rely, but be careful not to end up with a weakness on which other riders can easily prey.

3) ~~Survival of the Fittest~~ In order to put together a great season, one needs to eliminate the big problems which may occur when one gets sick or crashes. While during any given race bike handling may not make much difference, a good bike handler may be able to put together a much better season by avoiding hard crashes. Getting sufficient rest to avoid periods of lowered resistance may keep you from going under with an illness. Think about it. If you want a great season, you have got to avoid the hard crashes and periods of illness. In order to do that you need plenty of rest and to spend time on bike handling.

#### 4) Motor Pacing

Danny Wagner has made a moped available to the club. I have it at my house which is very near a good spot for motor pacing and another spot for sprinting from behind the motor. Give me a call for details and availability.

#### 5) Sprinting

For those of you who would like a few tips consider the following. First note that a sprint is an all out, explosive effort calling as many muscles into use as possible. One must pedal circles even while sprinting. The power from the legs should come from downward force on one side balanced by an upward pull on the other. The arms and back must be used effectively. Place your hands sufficiently far forward on the drops so that you do not pull the front wheel off the ground. Keep your rear back far enough so that you do not skip the rear wheel. Practice a smooth transition from standing to sitting so that you do not lose a half stroke as you sit down in a sprint. The key is an explosive effort while maintaining your rhythm. An explosive effort without rhythm results in thrashing around and a limited top end. Note that an explosive effort requires a lot of confidence in your bike handling ability and your equipment.

#### 6) General Fitness--The Broad Base From Which You Build

Ah remember those situps, pushups, etc. which you did so regularly last winter? But when was the last time you got around to it lately? Flexibility exercises three (or more) times a week and some back, arm and abdominal exercises one a week are a must. Otherwise you lose the broad base from which you can develop. Without these exercises you become increasingly liable to strains, pulls and a lack of flexibility.

## RASHID REPLACES BUTLER AS TEAM DIRECTOR

Mike Butler has decided to turn over his job as team director to Alan Rashid. (the cost- a bag of potato chips). Following is Rashid's Team Program.

### NATIONAL CAPITAL VELO CLUB SPONSORSHIP: THE TEAM PROGRAM

#### Team Standing

All members, regardless of class or category, are eligible for the racing team, provided they have agreed to accept the sponsorship program. Below are the requirements for selection to the team.

"A" Team members must demonstrate exceptional fitness, expertise, persistence, and performance. They will be required to compete in events designated by the Team Director and (or) the Executive Committee, provided reasonable expense monies are supplied. When applicable, they will be assigned "partners" with whom they will split prizes. They will also split prizes with Team members that work for their benefit. "A" Team members will be expected to ride for the Team. Finally, the extent to which they benefit the sponsor(s) will be another consideration.

"B" Team members will be all other members that contribute to the Team's success. They will receive support commensurate with their performance. They are also expected to split prizes with Team members that work for their benefit. They are also expected to act in a manner beneficial to the sponsor(s).

#### Benefits

Expense money will be budgeted on a monthly basis. There will also be funds for special events. Expense money will be awarded according to the priority of the event, unless otherwise specified. Priorities are, in order, the World Championships, the National Championships, National Classics and International Development, Sectional Classics, and other events. Funds will be distributed as percentages of the monthly expense reports submitted by the Team members as availability allows.

Prize splitting will be left to the discretion of the Team members involved. Complaints will result in the Team Director distributing shares without the consultation of the offending Team member.

All other benefits will be distributed according to need and the Team Director's and (or) the Executive Committee's discretion.

All Team members will submit entries into the "Race Log" to educate the sponsor(s) and help determine standing and benefit distribution. Decisions of the Team Director and (or) Executive Committee will be final.

I, the undersigned, do so in application to the National Capital Velo Club, Inc. Team Program defined here. If accepted, I agree to abide by the rules governing the program for the duration of my membership on the team.

Signed \_\_\_\_\_ Date \_\_\_\_\_

MD. STATE CHAMPIONSHIPS

The dates for the events are as follows:

Time Trial - Sunday, June 17, 1979 at Federalsburg, Md.  
 Road - Sunday, June 24, 1979 at Hydes, Md.

Time Trial Registration begins at 8 a.m. and promptly closes at 8:45 a.m.  
 Road Registration for Seniors, Juniors, Senior Women, Jr. Women, and all Veterans begins at 6:15 a.m. and promptly closes at 6:45 a.m. Seniors start at 7 a.m.  
 Road Registration for all Intermediates and Midgets begin at 8:30 a.m. and closes promptly at 9:15 a.m. Starting time is 9:30 a.m.

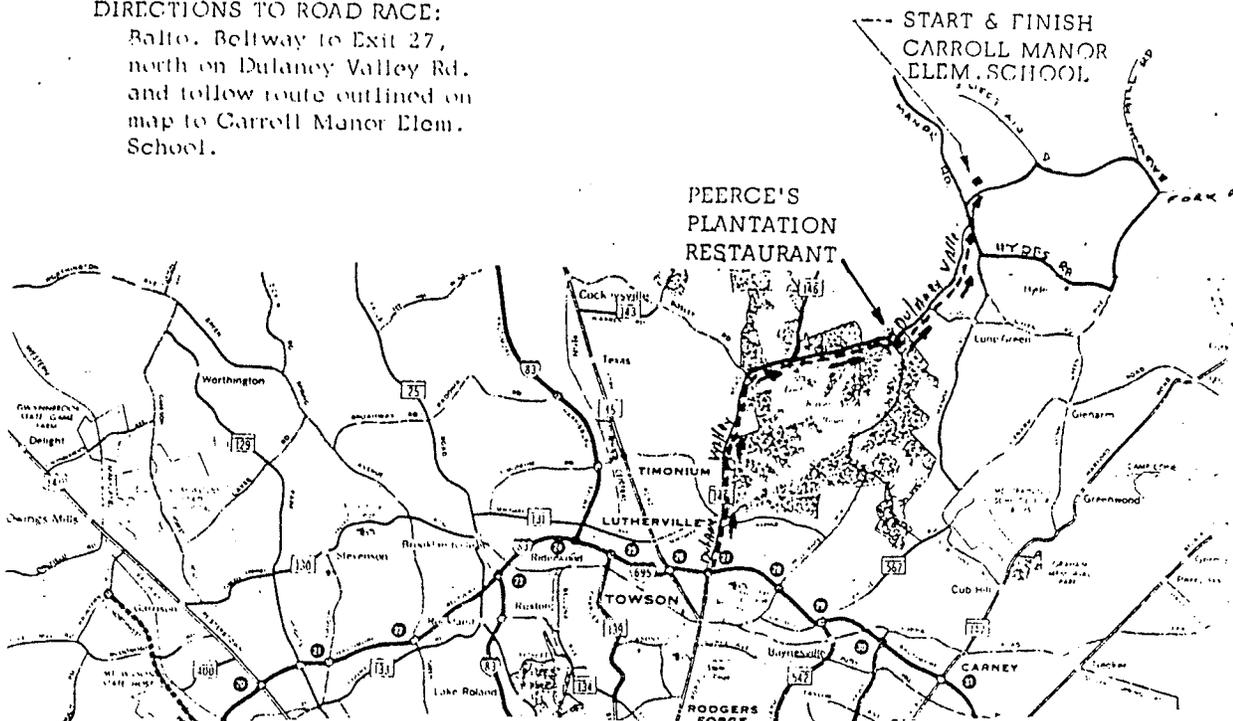
For the Nationals, we will qualify:

Road - 4 Sr. M., 2 Jr. M., 2 Sr. W., 2 Int. Boys, 4 Vets  
 Track - 2 Sr. M., 2 Jr. M., 2 Sr. W., 2 Int. Boys

Please inform all riders who wish to ride in the Championships that a \$2.00 fee will be collected at the time of registration from all participants in each event they ride.

DIRECTIONS TO ROAD RACE:

Balto. Beltway to Exit 27,  
 north on Dulancy Valley Rd.  
 and follow route outlined on  
 map to Carroll Manor Elem.  
 School.



CALENDAR

- |                   |   |
|-------------------|---|
| Thursday nights - | IBM Series continues  |
| June 17 -         | Md. District TT Championship  |
| June 24 -         | Md. District Road Championship  |
| June 17 -         | Harlem Championship   |
| June 30 -         | Travelers Criterium, Hartford, Conn.; Sr. 1,2,3, Vets, Jrs., Women  |
| July 1 -          | Fitchburg, Mass., R. Race; Jrs., Sr. I,II,III,IV, Women   |
| July 4 - 15 -     | Milwaukee Classic Races   |
| July 4 -          | Andy Raymond Criterium, Middletown, Ct.; Sr. 3 & 4, Vets, Jrs., Midget, Intermediates                       |
| July 8 -          | Points Race, Eastern, Pa.; Sr. 1,2,3,4, Women, Midget, Intermediates, Jrs., Vets                            |
| July 8 -          | Buffalo Courier Express - Midget, Women, Intermediates, Masters, Grand Masters, Vets, Sr. 1,2,3,4           |
| July 8 -          | New Britain Criterium, Ct.; Midget Girls, Boys; Intermediate Girls, Boys, Jr. Men, Sr. 1,2,3,4, Women, Vets |

OFFICIAL  SPONSORS

"the  
ENTHUSIAST'S  
shop"



WILDWOOD SHOPPING CENTER  
10219 Old Georgetown Road  
Bethesda, Md.  
530-9011

BELLEVUE SHOPPING CENTER  
1506 Belleview Blvd.  
Alexandria, Va.  
768-8400

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.

Hetchins All Campy track bike, 22 1/2", 2 brakes, drilled front and rear, extra chainwheels and cogs, \$400.00. Call Gentry 652-5316.

Wanted:

A Set of 700c Clincher Wheels for a flat prone rider. Call Mike Butler 277-2555.

NCVC NEWSLETTER  
225 Grant Ave.  
Takoma Park MD 20012