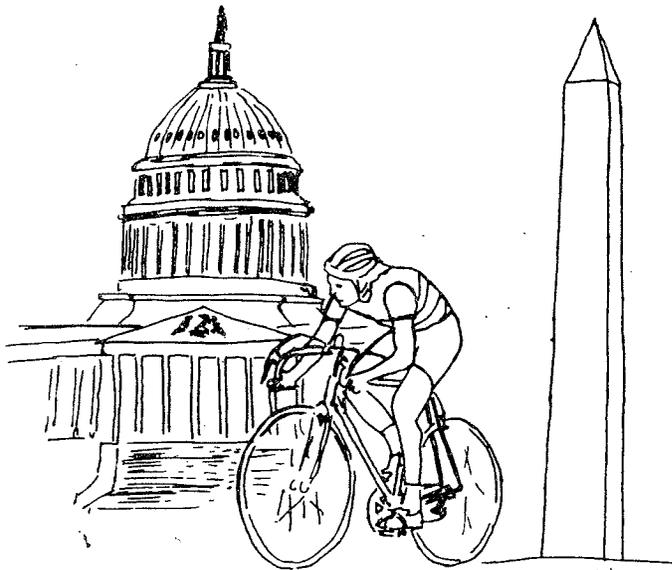


National Capital Velo Club, Inc.

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

NCVC Newsletter

AUGUST 1980



A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL

Notes from the Executive Committee

Mike Casseday

The NCVC Executive Committee met at Club President Larry Black's home on Tuesday, July 22nd (Tuesday night Greenbelt races rained out again!). The agenda featured a discussion with team director Alan Rachid on team selection and racing support money.

Rachid explained the method used to select team members and to determine the distribution of support money to them. While Rachid's explanation met with Committee approval, it was decided to retain the policies adopted at the July 8 Executive Committee meeting (See July newsletter) with regard to support money.

It is the feeling of the Executive Committee that the improved financial situation of the Club (due in large part to the Thursday night IBM race series and the up and coming Tuesday night Greenbelt Park race series) should allow entry money reimbursement for all club members who compete in open races while wearing the Club colors, regardless of team status. This support money would come from the Club's general fund. The generous support money provided by the Club sponsor, Georgetown Cycle Sport, would be used as bonus money to be awarded to team members according to a formula prepared by Rachid.

Newsletter News

Deadline for the September newsletter is August 29, 1980. Please send me any articles, etc, that you may have. Also, call me if you are interested in taking on the job of Newsletter Editor for the coming year. It is never dull, I promise!

Carol

RAMBLING WITH THE WHEELIE

If you are up-to-date with the Bike Path Laws of D.C., Maryland, and Virginia I would appreciate your letting me know. I am confused between law and hearsay. I thought that we have a choice, but on Sunday, July 20th, something happened to confuse me. I was on the way downtown through the Park, when some dummy, who like everybody else was exceeding the speed limit, swerved at us. This attracted the attention of the Park Police already stopped on the roadway. Of course Mr. Policeman stopped us and let Mr. Suburbia in his Caddy go with a smile. We then had a choice of a \$20 ticket or riding on the bike path. Of course, we chose the bike path. After about 200 feet on this path, which does not have enough room to pass, I left the path in order to avoid hitting a jogger, totalling my derailleur in the process. Next time, I'll take the ticket.

Can you believe it, these people are still looking at the bicycle as a recreation vehicle. The poor guy using the bicycle for transportation is in trouble. Where are bicycle racers in D.C. supposed to train? How come joggers and dog walkers don't get a ticket for using the bike path? It is enough to make someone sick what gas shortage, right?

Are you ready for this two flats at the same time. I have never heard of such ... somebody please tell me I'm not alone in this experience. I mean, not one flat, but two flat clinchers at the same time. Did you guys and women catch the Wheelie with his third place finish at IBM? ... when you wear a fancy \$50 jersey for the first time, you had better ride well. Those of you who missed my peak you'll just have to wait until next year, or even the next again.

Fellow members and other readers, I'm happy to see that our newsletter has made the big time ... we're right up there with Velo News. I mean, why else would we get a letter (of reprimand) to the Editor from Mr. John Cox of Velo News fame .. "lack of money and crowding of the program". Come on, J.C., never heard of cutting prizes or distances? Not only that, but you had two days to fit a race in ... besides how come all those other races in June, July, and August have no Women's Races on the program, and I hear unlicensed riders have no problem racing. (Ed. Note: This may be just an opinion column, but MB has his facts right on at least the Hagerstown race - I was there!) Yeah, I do have a thing for Women's races --- they are just as exciting and a lot nicer to look at (no offense, fellas!).

Speaking of the ladies, I received a letter from our New England Rep. Julie Paul - the most eager racer I've met in a long time; anyway, Julie was our lone racer at Fitchburg and had a very decent ride. The course was parallel to last year's and the day was extremely windy. In spite of this, the Women's race was off to a very fast start. The first corner was the scene of many crashes, which whittled down a field of 58 to less than 20. With only a few laps left, a woman went down, taking four others with her, and by the time the wheels were cleared, the final split was sprinting uphill, leaving Julie and company to finish the race in a chase. Beth Heiden won the race, beating Karen "W.W." Strong to the line.

My apologies to ex-MVC Art Brown and his fans. I stated, in the newsletter, that Allentown was uneventful, but it was probably his greatest feat, for it was that day that he outsprinted Wayne Stetina.

Did you read about that beast Bernard Hinault riding a time trial into the wind with a 56 x 12? Don't get any ideas, Rick, a 56 might be hard to find.

On Tuesday, July 29, quite a few members were treated to a ride with the Olympic Track Team. The team showed up about 10 o'clock at Hains Point and rode and chatted with about twenty-five or so local riders.

Congratulations go out to Nicolas Walker who tied the knot on July 20 in a beautiful ceremony and reception. According to Velo News, the first National Criterium Championship will be held on September 21st at Willowbrook Mall in Wayne, N.J. Have you been wondering what happened to former National Team member Mark Pringle? The latest on this 23 year old native of Seattle is that he managed the "Grab On" Team at the Coors Classic (used to be called the Red Zinger). Did you know that Dave Steed of Tucson is the record holder for balancing on a track bike - nine hours and fifteen minutes. On July 24th, he started out at 3:15 am to try to break this record.

Seems as though Connie Carpenter has lost interest in bicycle racing since Smiling George turned pro. Word has it that she is putting her energies into rowing at U.C.-Berkeley. Looking at the results, Eric Heiden is doing ok, finishing in the top ten at Witches Cup and Fitchburg.

Tom Doughty is the new National Record holder of the 100 kilometers in winning Nutley. Handwriting problems caused it to read "New Look Record Holder" in the last newsletter. (Ed. Note: If you think that is strange, you should try deciphering the Wheelie's handwriting!)

If Holland can offer \$35,000 to any Dutchman who wins the Worlds, seems that the least we can do is offer a reward of some kind to any N.C.V.C. who brings back a "Stars and Stripes" Jersey to Washington. So, how about making a donation at IBM to the National Champion fund. If we aren't lucky enough, we can use the fund for whatever you wish, Rock Creek, next year, IBM Now that Art Brown is unattached, he joins the company of the Stetinas who have been riding unattached all year after being turned down by a "major U.S. bike manufacturer". So, next time you are in Georgetown Cycle Sport, thank Danny Wagner for sponsoring your club.

A lot of strong B Class riders are wondering why is it so difficult to break away. Well, before any group can accomplish anything together, they have to mesh and work together, meaning equal pulls at equal pace, remembering that a pull at the front is not a jump. The more I listen and look, the more I see the need for a clinic. I have openly asked for volunteers to get something going, next time I'll call names. I think the club owes its new young and inexperienced riders a clinic. We could have it on some Monday evening at a parking lot in Greenbelt. Tell you what, why don't you call your Rider Reps (D.C. and Virginia - Ed Cottrell at 476-4716) and (Maryland - Mike Casseday at 345-1923) and let them know how you feel and how many of you would like a clinic. This is my second request.

Speaking of requests, I would really like to see an award given to the most productive riders. This will be my third request. Please mail, give to me at IBM, or call me with your results at open races to date. I will refund your stamp upon request. Maybe the problem is that noone reads this piece of penmanship.

Rider/Coach Jim Montgomery has taken the time to send his, how about following his lead? All we want to do is inform your fans and clubmates of your accomplishments. I mean, I have heard of modesty, but enough is enough. From Jim's results, so far he has won 11 races (seven by two man breakaways, once lapping the field with Jerry Nugent) and two second place finishes.

Best wishes and lots of luck to our team of racers heading for the National Road Racing Championships in Bisbee, Arizona on August 13 to 17 and the Track Championships on August 20 to 24. We have three potential gold medalists in Jim Montgomery (Veteran Roads), who has beaten the the best in the East, including ex-National Champ John Allis; Jerry Nugent (Masters Time Trial) - Jerry and his new love, his track bike, are hot and definitely ready after breaking the hour at the States and having back to back 23 minutes, 10 mile times at G.W. Parkway, and Fred "Iron Man" Sheffield (Junior Roads and Time Trial), who is assured of a place on the National long team. He had some hard luck at the Roads last year after being away in the main break, and he is determined and raring to go this time.

Other potential medal winners are: Rick "The Machine" Barnett, NCV's best time trialist ever; Chris Cressey, our premier road man; and Gordy Holterman, ex-Midget Champ, and fifth last year as a first year intermediate. Good rides and potential to ten to fifteen finishes could be expected from the likes of Colin Clark, Kraig Klinke, Cynthia Paul, and Dave Pederson. All other qualifiers are really up and training and should definitely do our colors justice: Gil Clark, Mary Pelz, Edgar Brown, Tim Noakes, Geneva Nugent, Martha Rainey and George-Bob Sheffield are all looking good. In the hard luck department, long time club member Roy Morris, on the come back trail, had a very good time trial ride in the States, only to be taken down in the roads. After getting over the bumps and bruises, he fell victim to a sprained ankle in a game of tennis. Once again, on behalf of the club, I salute the Nationals bound team.

On Sunday, July 27, I went out to old G.W. Parkway to ride in the Potomac Pedalers ten mile time trials, which are the held the last Sunday of every month, and, get this, the entry fee is zip, a freebie from PPTC. Anyway, Rick, I think you had better come on out and safeguard your record. Jerry Nugent, 46, set a Veterans and Masters Record for the course with a 23:30, his second 23 in two months. "Motoring" Mary Pelz rode a 26:28 to become the club's new woman 10 mile time trial record holder, breaking Barbara Miles' long standing record of 26:58. Now she is after the course record held by Miji Reoch at 25:16. Kraig Klinke, who reminds me of a six day racer, came within 20 seconds of Rick's record by cranking out a 22:55, giving him the second fastest time ever.

I heard that we cleaned up in Hagerstown that Sunday. Senior II and III went to Reeves Taylor, followed by Rick Schuette, Jim "Dyno Vet" Montgomery and "Torpedo" Black. David Meany showed that he is ready to become a Cat III racer, by winning the Senior IV event. And, would you believe that Jerry Nugent left G.W. Parkway, where as I said he rode a 23:30 to win the Veteran's race at Hagerstown? Well, he did. We must thank our

neighbors to the North, the Chesapeake Wheelmen, for supplying the area with such open races.

I would like to request now for October some help. NCVC's season finale is our fall Rock Creek Series, held every Sunday in October. Since we have the same folks running our races all year, we would like to break in some new blood. So, if you have always wanted to promote or run a bicycle race, get in touch with Mike Butler or Pete Swan. Also, feel free to solicit a sponsor for some prizes. It is the second to last time this year for you to help your club out.

Don't forget that the Club Awards Banquet will be held on Saturday, November 15th at the River Road Unitarian Church in Bethesda, \$7.50 pre-entry, \$9.00 post.

Keep those legs turning,
Cheers! Mike

GREENBELT PARK JULY RACE RESULTS

All prizes except 1st Place in Class D are equivalent merchandise value at College Park Bicycles. Please be sure to thank Larry or Linda when you pick up your prize.

Also remember that beginning August 26, the starting time for the Greenbelt Park race series will be 6:00 p.m.

<u>CLASS A</u>	<u>Pts.</u>	<u>Prize</u>	<u>CLASS B</u>	<u>Pts.</u>	<u>Prize</u>
1. Jim Montgomery	19	\$15	1. John Mills	16	\$12
2. Bob Fisher	12	\$12	2. Kevin Lee	14	\$10
3. Kraig Klinke	10	\$ 9	3. Kelvin Menor	11	\$ 8
4. Bob Phillips	7	\$ 7	{ 4. Dave Edinberg	7	\$5.50
5. Larry Black	6	\$ 6	{ 4. Scott Rodinbois	7	\$5.50
<u>CLASS C</u>	<u>Pts.</u>	<u>Prize</u>	<u>CLASS D</u>	<u>Pts.</u>	<u>Prize</u>
1. Dale Cannon	14	\$10	1. Larry Wright	24	USCF License
2. David McKinnie	12	\$ 8	{ 2. Jamie Holland	8	\$5.50
3. Tom Seibert	9	\$ 6	{ 2. Joe Wainer	8	\$5.50
4. Chip Melvin	8	\$ 5	{ 4. Dave Whiteman	7	\$3.50
5. Joel Gillum	6	\$ 4	{ 4. Pat Riley	7	\$3.50

VIRGINIA RIDERS

For the Maryland rider, there appears to exist plenty of organized training rides and opportunities to get together with fellow local riders, on a regular basis. Although there certainly is a base of serious riders to draw from in Virginia, similar opportunities to train together do not exist at this time.

As the newly elected Virginia Rider Rep., I will attempt to use this column to coordinate local training rides, dispense information, and make some personal observations as well. As the Nationals approach, we can anticipate August to be a slow month for out of town races. The majority of us will not be attending the Nationals. I feel this is a crucial month for those of us who wish to stay in shape for the late season races yet to come. We must guard against the tendency to let down and relax too much during this period.

In this regard, I wish to inform fellow local riders that on the weekends of July and August, training rides will be leaving the Reston/Herndon area bound for points West. These rides will vary in length from 35 to 60 miles. Road conditions are fair to good, with varying terrain. The nature of these rides will depend on the desires of the riders. We realize that the participants will vary in strength and ability. The primary focus of these rides will be for everyone involved to get a good workout. Stronger riders can set the pace at the front, but you will not be compelled or pressured to hit the front if you do not want to. Naturally, all riders, not just Virginia riders, will be welcome on these rides.

During the week, excluding Tuesdays and Thursdays (race nights) training rides of 25 to 35 miles will be departing at around 5:45 p.m. Training will vary from easy rolls to periodic interval sessions and sprint training. Limited motor-pacing will be available for those desiring high intensity speed work, and for those who are willing and capable of following the motor. For specific information regarding any of the above rides, please contact me during the day at 691-0880 and in the evening at 476-4716.

If you are a designated team member, it is my personal feeling that your sponsor and club officials have a right to expect that you contribute to consistent placings for our club. Getting in the money is fine, but top three performances in open races is what is sought and needs to be delivered, whenever possible. In this regard, teamwork can make the difference!

Some say that teamwork cannot exist at the 3-4 level. I disagree. These riders are physically capable and intelligent enough to work together for overall

success. However, they are often unfamiliar with the various roles they can perform in differing race situations. More important to the success of a team effort though, is a necessary bond of trust and understanding between you and your teammates. This identity and understanding must, I believe, be fostered and developed. It does not just spring up overnight. To get the most, riders racing together need to train together, to gain this level of understanding and trust. Otherwise, the effort is doomed to failure. A half-hearted effort, lacking in commitment and conviction, is often worse than no help at all.

There has been some controversy of late, over the issue of support. I do not purport to be an expert in this area. However, in talking with people, it has become increasingly clear to me that some of these conflicts arise out of misunderstanding, lack of trust, and simple confusion. These problems might also have been minimized had familiarity and communication between not only club officials, and between the riders themselves, existed.

Ed Cottrell

CLASSIFIED ADS

Wanted: Used Midget Racing Bike (24" Wheel). Call Dan Moffett at 871-2039 (day) or 949-4429 (evening).

For Sale: 25" Condor Frame with Campy NR Headset & B.B., Avocet seatpost. Four months old. Everything - \$350, or frame alone - \$275. Call 261-1031 between 9 and 4, and ask for Dave.

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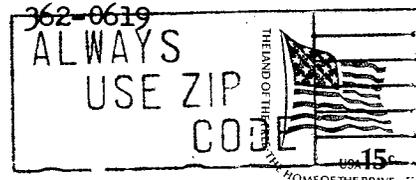
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