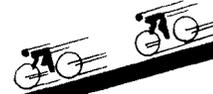


October 1981 Vol. I No. 10

VELOVOICE

A Journal of Bicycle Racing in the Nation's Capital



ANNUAL BANQUET



Saturday December 12

The 1981 NCVC Annual Awards Banquet is scheduled for Saturday night, Dec. 12, at the River Road Unitarian Church in Bethesda. After some brief business such as introduction of officers, we'll see the year in review. Rider and service awards will be handed out and amidst the conversation and chatter, we'll enjoy a feast of 3 main courses, a variety of fresh vegetables, fruit salad, soft drinks, natural juices, homemade breads, desserts, snacks, and more. We have tentatively chosen "A Sunday in Hell," the award-winning Danish film about the Paris-Roubaix as well as a short film.

The Banquet Committee has asked that you get your reservation in before Dec. 5, to ensure that there is plenty for seconds and thirds. As an incentive, you'll save a dollar, but most of all, the more pre-entries we get, the more food, fun, and quality we'll have. So mail you \$9.00 to: Ken McCormick, 15704 Dorset Road, F2, Laurel, Maryland 20707

ROCK CREEK RETURNS

Racing returned to Rock Creek Park October 11 & 18 as about two dozen riders assembled at Park Headquarters Police station on Beach Drive. This beautiful 3.8 mile loop through the City's most picturesque areas was aglow with fall splendor as our riders wound their ways around the challenging course. It all happens again, one more time, on November 8, and best of all, it's absolutely free! This may be your last organized race of the year so lets go! Registration 7:30. Be sure to thank NCVC Member Gerald Lewis, Mr. Rock Creek '81 and lend him a hand if you can.

ANNUAL MEETING NOV. 10 8 PM

Park Service Headquarters
Hains Point East Potomac Park
1100 Ohio Dr. Wash, D.C.

FUN-BUSINESS-SNACKS-
PLANNING'82

ELECTIONS-REFLECTIONS-

BE THERE !!

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TEAM EXPENSE MONEY FOR JULY

Based on expense forms submitted and on a budget of \$600 for July. A and B team riders were reimbursed as follows:

Larry Black	\$121
Gordy Holterman	110
Rob Lea	86
Jim Montgomery	38
Fred Kelley	32
Mary Pelz	31
Jerry Nugent	30
Colin Clark	19
Ed Cottrell	18
Julie Paul	18
David Pedersen	16
Matthew Hanna	14
Scott Rodenhuis	12
Tim Lung	11
Martha Rainey	8
Mike McConnell	6
Melinda James	5
David James	3

In addition, both Gordy Holterman and Jim Montgomery were given \$100 each in recognition of their success in winning national championships. I must comment that I had hoped that the team budget would cover about half the rider's expenses; however, for July the funds only covered 10 to 30% of their expenses. Some months are better than others but I would say that a very minimum of \$8000 is needed to significantly encourage out of town racing by all team members.

TEAM EXPENSE MONEY FOR AUGUST

Based on expense forms submitted and on a budget of \$400 for August. A and B team members were reimbursed as follows:

Gordy Holterman	\$103
Jim Montgomery	84
Jerry Nugent	80
Fred Kelley	31
Mary Pelz	24
Cynthia Paul	23
Ed Cottrell	17
Bob Schneider	13
Martha Rainey	12
Scott Rodenhuis	11
Tim Lung	2

NCVCers! Please note that we need your recommendations for AWARDS and OFFICERS and PROGRAMS. Call Wheelie - 588-2087

Dear Editor, You omitted Geneva Nugent from your list of 1981 Nationals winners. I'm sure she was in the top 10 for Masters Women TT and top 20 for Veteran Women RR. Please call her for her exact placings!

As the most consistent NCVC Nationals placer over several years, Geneva deserves NOT TO BE FORGOTTEN.

Thank you. Mark F. Mergen

Editors' reply: Thanks for pointing this out, Mark. We were happy to learn that Geneva finished 6th in the Master Women's Time Trial (1:22:01) and 16th in the Veteran Women's Road Race.

Paraphrased letter from Aubrey Gordon: I would like to thank all those NCVC club members who made my short stay in the area enjoyable. I enjoyed the club races very much and was very proud to ride for NCVC at the open races. I hope I can return next year to train for the Commonwealth Games and the Central American and Caribbean Games. Special thanks to Mike Butler, Mary Pelz, Fred Kelley and Gerry Lewis for their help. Thanks all!

NCVC OFFICERS

President:	Larry Black	277-2555
Vice Pres.:	Tim Lung	(301) 739-6220
Secretary	Ken McCormick	725-7078
Treasurer:	Ken McCormick	
Membership Chairman:	Paul Didier	(703) 777-8336
Maryland Rider Rep.:	Alan Rashid	229-0346
Virginia Rider Rep.:	Ed Cottrell	(703) 435-0968
Team Coach:	Jim Montgomery	471-7656

VELOVOICE

is the monthly newsletter of NCVC, Inc., a non-profit educational and service organization supported by memberships, program fees and contributions. A subscription to Velo Voice is included with membership.

Newsletter Editors: Scott Gowing,
Esther Pedersen, Joanne Sheffield
Consultant: Larry Black



COACHES CORNER

by Jim Montgomery, Nat'l Champion

REFLECTIONS ON THE NATIONAL CHAMPIONSHIPS 1981

I feel that I owe the club some commentary on the year's nationals; hopefully, it will be informative and encouraging. First, while I cannot say that I am actually satisfied as the club coach with the results, I am pleased. We can be proud of the fact that the club now can claim two National Champions. We can also claim one more alumnus of NCVS as a National Champion, Tom Prehn. He certainly deserves hearty congratulations for his success in the 100k team time trial, which is probably the most physically demanding championship event.

TIME TRIAL NATIONALS

I have rarely considered an intimate knowledge of any course to be a significant advantage, except psychologically. This year's time trial course was an exception. Jerry Nugent was beaten, but I believe that he is the best Masters time trialist around. Dick Poor beat him by knowing the course. Rob Lea opted not to ride, a decision which I seriously question since a three day recovery period seems more than adequate to me. The reader must realize that a month later he convincingly demonstrated his time trialing prowess at both the National Cup and the Tour of Wallpack.

ROAD NATIONALS

What a difference psych and confidence make! Jerry Nugent demonstrated that he was a full cut above most Masters at the Westminster race the prior weekend. He was up for that race and confidently rode away from the field. At the Nationals, he never made his move, although I must admit that the course made lone breakaways seem doomed. My disappointment comes in not having had the opportunity to teach Jerry the finer points of sprinting because I am convinced that if I had two days to work with him, it would have made the difference. Jerry would now be a National Champion. That is a lesson for all of

us. Develop a strength but back it up with others, eliminating all true weaknesses.

Gordy Holterman demonstrated that confident, intelligent, aggressive riding can eliminate the lottery in road races. He narrowed his competitors down to a manageable number and in the end sprinted away from them. What did he do right? Everything! He was in superb condition and spent the time with the coach to polish his skills. I cannot take credit for Gordy's experience or great attitude. He is a great athlete, but I will claim to have greatly helped his sprinting. My point is that I can help you also, if you simply take the time. Gordy wanted the jersey bad. He was confident, prepared and was the winner.

My own ride at the road nationals in the Veteran's race was less than inspired. In retrospect, I simply did not want it enough to insure victory. I sincerely thought that making it to the top of the last real climb with the leaders on the last lap would have been sufficient to insure victory. I was wrong. There was a little rolling stretch and a couple of curves which allowed someone to get away. I knew that someone might try flying through the last corner and go for it for the last mile, but failed to recognize the threat of a flyer at the top of the hill. Even in the rain I thought that 15 riders wanting a national championship would catch any lone rider with a three hundred meter lead on a 3 mile downhill. Now that it's over, next year I think I can be a better team rider to insure a club victory. What happened to our team effort this year? Rob Lea got dropped on the last climb (he just had a bad day). Bob Schneider did not immediately react to the threat either. We both sat back too long. Bob suffered from some discouragement due to nylon tires which slipped whenever he stood up. Lesson: Do not ride nylon tires in the rain! Bob set me up in the sprint, insuring second place.

(Coach cont'd. p. 8)

RAMBLIN WITH THE WHEELIE

by Mike Butler

I can't understand people sometimes and it makes others very discouraged. For example, how many of you thanked Ken McCormick for running IBM and Greenbelt? Or the Williams, the Pattons or Harley Sheffield? How about Ms. Noakes, Ms. James, Ms. Pedersen or anyone who helped out?.....I've been with this club about 9 years now (8½ involved in helping to run the club or races so I know.) This is an all time low. I've pleaded since January for people to help out Ken Gyory, without a doubt the best District Rep we've had ever, and what happens come June at the District Championships? Zero-the same few people showed up-some with no personal or family interest in the races, but just there to help the sport.....To the best of my knowledge no one has called to inquire about being a officer, except a nice letter from Mr Wilkenson (Thanks.) I've asked you to nominate your friends and/or clubmates for awards. Zip...nothing. Let me clarify a few things. This is not NFL, NBA nor NHL. This sport is run by unpaid volunteers at club levels. If we are to get like the NFL, etc., it's going to take a hell of a lot. We have to be salespersons for our sport. Winning, placing or finishing at IBM or Greenbelt does not make you a star. We need professional acting athletes, not swellheaded, lazy, bigmouths.....Why do you dodge and hide from being a Road Guard? Why should Larry have to bribe you with extra points to help run YOUR RACE? Ken and his helpers do not get points-they can't even get a "thank you." These people are giving of themselves for you. What are you giving up?.....I guess I got a bit hot, but I waited and pleaded all year to no avail. What got me going is every year we lose quality people who are disgusted with the abuse they get in thanks for helping out. These folks paid to join the club just like you. They do not get paid. By the way, how many of you thanked Danny Wagner or Larry Black for donating prizes to the races? A thank you card is about 25¢ to 50¢, a thank you note is 18¢ + paper + envelope. It's the little things that mean a lot (that's a good

title for a song.) NCVC NEEDS HELP. We had no Rock Creek series in the Spring because the person running it or helping to run it for too many years did not step forward. You're saying, "Don't blame me. What do we have our Executive Committee and Club Officers for?" I'm saying "You voted them in or didn't show up to nominate and vote." Like I said, our Club need help--if you didn't know it before, you know it now. Get in touch with one of your club officers or myself and come to the Executive and Club meetings. Commit yourself, your Mom, your Dad or a friend as long as you follow through...help your sport grow.

Apple Lap, 1981, was won by the Worlds Points Race Silver Medalist, Harvey Nitz. Hiding in the pack as usual, with his aerodynamic helmet, Nitz went with a six man break and out-sprinted Canadian Pro, Ron Hayman and Aussie Pro Terry Hammond. Everyone was there except J. Boyer and G. Mount. Over 300 riders of all categories, sexes, sizes and abilities rode off at 7:00 a.m. Less than 3 miles into the race, riders were dropped, crashed, or flatted (including a Pro from Norway who could not understand why such a major race had no follow vehicle with spares). One lap later, Alpine Art Brown was swearing "never again," after a crash took him down. After 6 miles in Central Park, riders raced to get out as the first 30 were to receive \$20 each, but all this was in vain as the officials did not pick anyone, claiming it was not announced. In the top 30 was that redhead I refer to as a "Bad Mama Jama," Connie Carpenter. The race proceeded to a 3 mile Criterium course with the finish on 5th Avenue...14 laps, \$100 every lap and a \$200 bonus for the lap leader. Kilo King Brent Emery, fresh from his 8th place finish in the Worlds, was beginning to look dangerous by taking about 6 primes. Everyone was waiting for LeMond or a Stetina to go off the front. Then it happened. Right after a prime sprint, Dale jumped and LeMond countered and was about 15 to 20 seconds away, looking very cocky, pushing one hell of

a big gear, but it was not to be as he was caught in 3 laps. Then the final break came with 10 miles left. Hayman, Hammond, Nitz, Kellogg and two other riders took off never to be caught, with Nitz outsprinting them to win. The Pack sprint went to outlaw Whitehead over LeMond. NCVC's best finisher was Guyana's Aubrey Gordon in his first 60 up sprint. He was about 25th overall. Junior Scott Rodenhuis had a ball until he flatted. He had been quite impressive chasing breaks and being very aggressive. Scott's going to be tough in '82, mark my word. Other locals in the money were Bobby Phillips and Chris Meerman. Getting a lot of attention from the press and spectators was that "Bad Mama Jammer," Connie Carpenter, the first woman to finish with the pack at the Apple Lap and not off the back but in the middle of all the action. The race was enjoyable, especially since everyone was there. Only strange thing, by 9:31 a.m. the race was over.

Cheers!
Mike

WHEELIE CUP STANDINGS THRU SEPTEMBER

1	J. Montgomery	Vet	195
2	R. Lea	Vet	128
3	G. Holterman	Int	113
4	J. Nugent	M	89
5	M. Pelz	SrW	88
6	F. Kelley	Sr2	79
7	E. Cottrell	Sr3	52
8	C. Paul	JrW	46
9	C. Houston	Sr4	39
10	M. Hall	Sr4	30
11	S. Rodenhuis	Jr	26
	B. Schneider*	Vet	26
13	D. Pedersen	Jr	21
14	J. Paul	SrW	19
	J. Johnson*	SrW	19
	P. Didier	Vet	19
17	E. Winstead	Jr	17
	B. Clark	Mgt	17
19	J. Pedersen	Mgt	13
	M. Rainey	SrW	13
21	C. Clark	Jr	10
	L. Black	Sr2	10
23	D. Edinberg	Sr4	9
24	M. Kennedy	Sr3	8
	K. Klinke	Sr3	8
26	A. Gordon*	Sr2	6
	J. Patton	Vet	6
	M. McGoey	Sr2	6
	M. Schaaf	Int	6

* Did not start the year with NCVC

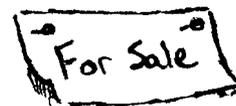
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Aged Wolber International tires. 275g @ \$16. Ed Cottrell 691-0880 (work) or 435-0968 (home after 7:00pm)

RACE RESULTS

Raritan, N.J. Sept. 6, 1981

Not a bad day for NCVC/Georgetown/Peugeot. Gordy Holterman got things rolling. After being hassled about an intermediate riding in the Junior category, Gordy went on to blow the pack away with the help of Scott Rodenhuis' blocking. Alpine's Thomas was on form steadily jamming on the front and had planned to go with 2 laps left. Unfortunately, someone slammed on his brakes going into a turn and took Thomas down. So it was Gordy off the front doing the work with someone else blowing by him in the final 100 meters. Scott took 3rd in the pack sprint for 5th place overall.

The Women's race had the World Veterans Champ from Seattle and the Silver Medalist Leslie Nitz. After taking turns going off the front, Leslie made it with the help of her teammates. But making the race tough for everyone was NCVC's newest addition to the women's team, Virginia's Joan Johnson who was the most aggressive rider of the race. Mary Pelz, trying to salvage what started off as her best season, sprinted to 6th place.

In the Men's race, Guyana's Aubrey Gordon and Joelyn Joseph had the old red and white to the front. Joseph took the first prime and, with Gordon, was always chasing the 4 man, then 3 man, break which developed early in the race. In the final sprint Gordon was second in the field sprint for 5th place being edged at the line by a very fast Frenchman and just ahead of Bobby Phillips. Alpine's Reno Rashid, while looking very good, took a hard spill with 9 laps to go.

Harrisburg, PA. Sept. 7, 1981

The weatherman had promised sunshine but instead it was just like every other day in the previous week cloudy with threatening clouds. Channing Houston led the charge with a very smart and conservative 2nd place finish in the Senior IV event.

Next up our newest star, Vet Bob Schneider, who handled the Veterans pack quite easily, took all the primes and two other riders with him to win by more than 20 seconds. And Jim Patton, on form, was second in the field sprint to place 5th.

The Women's race saw some very good team work. Julie Paul and Mary Pelz controlled the pack while Joan Johnson took most of the primes. Joan's aggressive riding showed how she was able to cop two top 10 finishes in the National time trials. With half the race over, PA pursuit champ, Kim Decker with the help of another PA rider, countered an attack and rode away to victory. In the pack sprint it was long and close with Pelz placing 4th, Johnson 5th and Paul 10th.

The Junior race was fast and very aggressive with lots of attacking and competitive prime sprints but no one managed to get away. The final sprint was fast, close and wild. When the judges sorted it out, Gordy Holterman was 7th and Scott Rodenhuis 9th. Thomas Krough Paulsen of Alpine was 2nd.

The final event, a 36 mile Senior I,II,III,Pro race, was filled with excitement with Mike Kennedy riding a clincher on his back wheel, turning in a very good ride - however, due to a slight error he did not sprint. Also mixing it up well was Alan Rashid. Alpine Dave Kellogg won, Meerman was 3rd, Phillips 4th and Ed Slaughter was 7th.



TYPESETTING & REPRODUCTION
BY

Copywright

4435 Lehigh Road
College Park, MD 20740

I B M FALL CRITERIUM

Name	2Km TT	300m Sp	25Km
1st Joe Weiner	7	7	0
2nd Mary Pelz	5	3	3
3rd John Mills	3	1	5
4th Bob Oberle	2	5	1
5th Bob Fisher	0	0	7

I B M September

Class A	Points	Prize
1. J. Montgomery	12	\$15
2. B. Phillips	11	10
3. M. Pugh	11	10
4. K. Klinke	7	4
5. M. Kennedy	7	4

Class B	Points	Prize
1. J. Wainer	18	12
2. L. Reeve	16	10
3. A. Nehemias	7	6
3. Cimermanis	7	6
5. M. Bilhartz	5	4
5. M. Fields	5	4

Class C	Points	Prize
1. E. Niemann	19	12
2. J. Schmidt	17	9
3. B. Oberle	14	6
4. M. Coplan	9	4
5. D. Gustafson	7	3

Class D	Points	Prize
1. G. Somerville	15	12
2. C. Deel	13	9
3. M. Steven	9	6
4. R. Niewashner	8	5
5. T. Sunderland	7	4
5. A. Lore	7	4

Midget	Points	Prize
1. K. Fitzpatrick	21	4
2. D. Moffett	10	2

Johnny Phillips was hit by a car
and is recovering now at

Univ. of Md. Hosp.
22 S. Green St.
Balto. Md. Rm N10w47
tel. 528-4638

NCVC friends wish him well!

TURKEY RUN ROAD RACE RESULTS

September 13, 1981

NCVC Placings

<u>Senior II, III</u>	<u>Women</u>
2. R. Schneider	1. M. Pelz
5. A. Gordon	2. J. Paul
6. E. Cottrell	
7. T. Lung	<u>Veterans</u>
	2. B. Williams
<u>Senior IV</u>	3. F. Pedersen
3. C. Houston	
5. M. Hall	<u>Junior Men</u>
	1. T. Noakes
	2. M. Edson
	5. G. Holterman

Ed Cottrell writes...

I would like to express my personal best wishes to Kraig Klinke, who was the unfortunate victim of a serious crash at the Prince William Road Race. I wish him a speedy recovery and having spoken with Kraig since the accident, I feel confident in saying I know that he will be back next year making us all hurt at IBM and Greenbelt. (Editor's Note: Kraig is home recuperating and anxious to get back on his bike, probably in January. We all wish him well.)

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(Coach cont'd.)

TRACK NATIONALS

In order to achieve the necessary confidence to do well on the track, one must spend time competing on the track. I really don't feel that any of our riders were adequately prepared. Next year I will plan to spend a week at the track early in the season and I hope that all of you who would like to ride seriously on the track will join me. We can do it within a couple of weeks before the Districts. I would strongly encourage everyone to ride not only all the track events at the Districts but also the Nationals as an enjoyable, informative and sometimes encouraging experience. The track nationals in particular are a great social event and well worth the week's investment of time.

CRITERIUM NATIONALS

Again the Criterium Nationals demonstrated the importance of the desire to win and of confidence in your ability. Mary Pelz was spit right out the back of a pack which in my opinion she should have been leading simply because of a lack of confidence in her cornering ability (which was not overcome by any desire to win). If I didn't believe that she could have placed I would not be upset, but she did not prepare well. Subsequently, I have worked with her on cornering (successfully). On the other hand, I wanted desperately to keep my jersey and felt so confident that I took Fred Kelley's advice and wore the stars and stripes. That jersey makes you a target but also can serve to overwhelm less confident competitors. While I missed having Lea or Schneider as teammates for this event, Jerry Nugent's presence did boost my confidence. My philosophy on points races is to go for every point possible while conserving your recovery; in other words, go for every sprint, but don't go all out for any but the last sprint. The course could not have been better suited for any purpose. The six corners every lap made recovery easy after my supporters, particularly my wife, convinced the officials to insist that Joe Saling ride a straight line in the sprints.

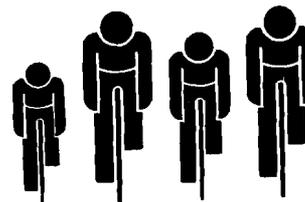
IN SUMMARY

You should note that very few riders prepare properly for the task of winning a national championship, but I think you should recognize that you can get the necessary guidance (just ask) and have a chance next year to be one of the few truly in contention.

Readers please note: Do not be offended if you participated in this year's nationals and were not mentioned. I tried to keep it brief and make a few points, but in truth little else can be learned from those who went unprepared.

TRAINING RIDES

Beginning in October and continuing through November (weather permitting), training rides of approximately 35-65 miles will be leaving from Reston-Herndon area on the weekends both Saturday and Sunday. Interested riders should call Ed Cottrell (703) 435-0968 or Jim Montgomery (703) 471-7656.



Our Midgets at the Nationals

Girls: 4th-Elleen O'Meara
16th-Melinda James
18th-Shawna Patton

Boys: 20th-Brandon Clark
21st-Jim Pedersen
(out of a field of 41)



GREENBELT PARK RESULTS - SEPTEMBER

<u>A CLASS</u>	pts.	<u>C CLASS</u>	pts.
1. M. Kennedy	18	E. Nieman	24
2. A. Gordon	17	Mike Coplan	14
3. J. Montgomery	7	Matt Ives	12
4. Bob Fisher	6	Larry Noel	7
5. Thomas K-P	5	D. Rodenhuis	5

<u>B CLASS</u>		<u>D CLASS</u>	
1. M. Bilhartz	28	George Winkert	20
2. Eric Ewald	16	Andy Negri	14
3. Brad Eaton	8	C. Herman	11
Fred Sisson	8	Bill Strong	8
5. Bill Shenk	4	Don Anderson	6

Prizes may be picked up at College Park Bicycles. Deadlines will be extended until November 30 due to the timing of this VeloVoice.

I would like to take this opportunity to extend a well deserved thanks to the fine helpers who helped make the Greenbelt Park Series the great success it was. Namely the Organizers and officials, Mr. & Mrs. Jim Patton, Ken McCormick. Those wonderful road marshalls, the staffers of Greenbelt Park, and all others who lent a hand when needed.

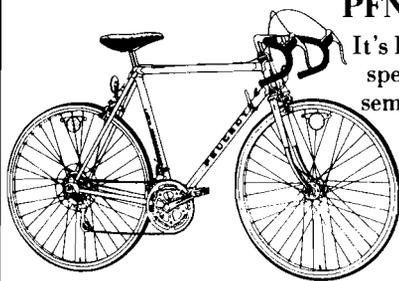
Larry Black, sponsor

YOU CAN SPEEDSKATE

Of all the Off-Season, Alternative, Winter, or what-ever-you-call-it Sports you are going to try, or read about, or get dragged to by a friend, You should put SPEEDSKATING on that list. Using similar muscles, it keeps the body toned for riding while it uses tactics and techniques just like those in criteriums - drafting, sprinting, etc. This is one of the few sports you can do in the same clothes you use to ride your bicycle- tights, jersey or warmup top, thin socks, even the helmet if you wish.- Just change the Sidis for Skates. Long gloves are recommended but not essential. Skating is very safe, loads of fun, and can be done regardless of weather, so you can plan your training and not miss a session.

One of the best things about Speedskating in this area is that there exists a club which specializes in teaching the fundamentals of the sport to new as well as developing skaters, The Capital Beltway Speedskating Club holds training sessions and points races throughout the season. Currently, skaters meet Thursday evenings at the Fort Dupont Ice Rink in Washington. This is a very large totally indoor rink that is very sparsely attended, so it lends itself ideally to the type of training we do. On Monday nights sessions are held in the Baltimore area by another club. Carpooling can save us travel expenses and the rinks usually offer discount admission to groups. For further information please call Don Giese at 441-2020 or Larry Black 864-2211

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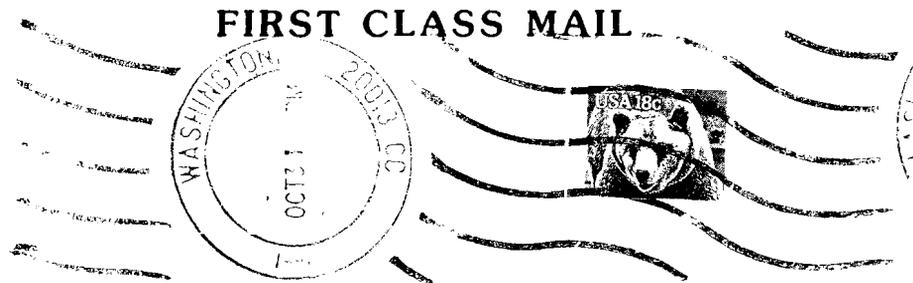


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REWARD! \$25. VeloVoice will pay for the best B&W photo suitable for publication.

NCVC NEWSLETTER
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POTOMAC, MD 20854



Peter Swan
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