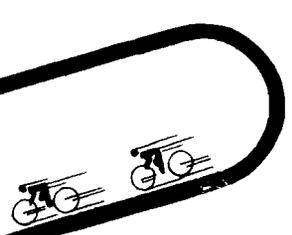


Feb. 1981 Vol.1 No.2

VELOVOICE



A Journal of Bicycle Racing in the Nation's Capital

SPONSORS APPROVED

And now, some words about our sponsors:

The contracts are out, approved and signed for 1981. After a long period of deliberations, negotiations, and communications, NCVC has landed its biggest ever sponsorship package.

Cycles Peugeot USA has agreed to donate:

30 Racing Jerseys

30 Racing tights

15 Pr. gloves

230 caps

200 Tee Shirts

Unlimited use of 10 CFX 10 Racing Frame
with seatpin, headset, crankshaft

Unlimited use of 103SPB Specially modified Moped for motorpacing

Georgetown Cycle Sport has agreed to :

Rider expense money of \$1800.

Continued support of IBM Series prizes

In addition, Cycles Peugeot is making available to participating local Peugeot Bicycle dealers the CFX10 (team) frame set at a reduced cost so that these dealers may sell the frame to NCVC members at a substantial savings. These dealers have agreed to sell the frame at a reduced profit to further contribute to our sponsorship. Other promotional items such as jerseys, tights, caps, shirts, and tubulars will be sold by the participating dealers at near wholesale to current NCVC members. Please contact the Factory Rep. Paul Lenz for the list of participating stores.

IMPORTANT - When entering races or making your winners speeches, be sure to address the club as NCVC/PEUGEOT/GEORGETOWN CYCLE SPORT.

'A' TEAM SELECTED

The initial A Team for 1981 represents a very strong selection of riders from all classes. Two classes are represented by current or former National Champions. The veteran class has the current U.S. road and criterium champion, Jim Montgomery; while Jerry Nugent, a National Time Trial Medalist, represents the masters class. Gordy Holterman, a former midget National Champion, represents the intermediate class. The junior team has several State Champion and National caliber riders and the Womens team has two State Champions. The Seniors are represented by several improving category II and III riders.

The team, which includes a strong supporting 'B' team, realistically expects several National Championships, most of the DC/Va. and Md./Del. Districts and consistent placings in Eastern races. Considering the individual riders, the strongest class may be the Vets and the weakest the Seniors; however the best team may be the seniors. One can still expect to find a Georgetown/Peugeot rider placing in almost every race in every class attended by the team.

INTERMEDIATES: Gordy Holterman
 JUNIORS: Colin Clark, David Pedersen, George Sheffield
 WOMEN: Mary Pelz, Martha Rainey
 SENIORS: Mike McConnell, Reeves Taylor, Matt McGoey, Larry Black, cat II; Ed Cottrell, Cat. III
 VETERANS: Jim Montgomery, Rob Lea
 MASTERS: Jerry Nugent

Editorial

May I take you back 9 years to the summer of 1972? I had just graduated from college and returned home to find that my summer job of the last 4 years as lawnmower mechanic was gone. In fact, Maryland Cycle became "The Bike Pedalers". Two newcomers to cycling had bought out Harry Stello's bicycle business of 25 years and were about to capitalize on that decade's first bike boom.

The good news was that I was to become a bike assembler and share a work stand with veteran mechanic and racer "Boots" Ward. Well I learned a lot about bicycles and was able to help the new shop get started, and my interest in cycling grew so fast that I was soon able to help run the operation. I joined NCVC that summer and started racing B Rock Creek. The \$60 Super Course got stolen so I invested \$352 for one of the only new Paramounts (all Campy) that store ever saw.

Well, back to basics. In 1972 a silk tire was about \$13, a USCF license was \$8, first class mail 8¢, and I joined NCVC for \$10. The club had Rock Creek, the NCO, and only a few of us travelled. IBM was a forest and Mike's Bikes became Georgetown Cycle on M St. Our club was run by less than a handful of concerned individuals. Well small things can get bigger just as NCVC and Mike's Bikes did. Prices go up too - it's all part of inflation.

But look at the NCVC. Riders are getting more than ever. Bicycles, parts, clothing, support money and more. We must sit back and enjoy our sport and pat ourselves on the back. Riders are getting better and there are more races to go to, more clinics, coaching, and teamwork!! Membership has tripled in these nine years since I was "just a 'B' rider hiding in the pack", but I haven't seen the dues go up at all. So it seems like it costs no more to run this club. But we can't buy a stamp for 8¢ or paper or anything for 1972 prices anymore. How do we do it? Well, thanks to the efforts of other people who were just "sitting in the pack" at one time, we managed to make the break and get involved. We'd be off the back if it weren't for all the Petes, Pauls, Kens, Mikes, Harleys, Lindas, Sandys, Charlies, Jims, Marys, and others who have paid their "extra dues" all these years. We know who you are and we appreciate it - all for the love of the sport. Oh, you've gotten a lot

out of it, too. A chance to run a race, to have a voice in big decisions, to sway opinion, call a finish, shoot a starting pistol, blow a whistle, and get a bird's-eye, first hand, inside view of big-time bike racing and a chance to make it bigger.

How would the rest of you like to join the break? Well, stop sitting on a wheel and make your attack! We have an immediate opening for a newsletter editor. This is my last one, but I'll be glad to help all I can. Deadline is Feb. 15 for copy and it should be in the mail by the 25th. I'll even take it to the printer and help lick stamps. And there are plenty of other things that we could use help with during the season too numerous to mention



President: Larry Black (277-2555)
Vice Pres.: Tim Lung (301-739-6220)
Secretary: Ken McCormick (725-7078)
Treasurer: Paul Lenz (279-0061)
Membership Chairman:
Paul Didier (703-777-8336)
Maryland Rider Rep.:
Alan Rashid (229-0346)
Virginia Rider Rep.:
Ed Cottrell (476-4716)
Team Coach: Jim Montgomery (471-7656)

VELO VOICE

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.

STAFF

Acting Newsletter Editor: Larry Black
with a little help from Linda Black,
Mike Butler and Mary Pelz

RAMBLIN

WITH THE BIG WHEELIE

by Mike Butler

What are you doing June on the weekends between the 10th - 21st? Well, if you live in Maryland, or for that matter in DC or Va. you can be of great service to your club and your sport by helping out at the Maryland District Championships. If you're competing ask a friend or relative. We are fortunate to have an excellent District Rep in Ken Gyory (301-239-7295) - let's not lose him. It's always easy to assume the next person will do it. Well we're all the next person...Speaking of help NCO is the 3rd Sunday in April. How are you helping your club? Oh! I did find out about the bike path law in DC. You do not have to use the bike path in DC, but they could get you for obstructing traffic. If you do get a ticket get in touch with WABA for assistance. Md. and Va. might be a different story - I don't know.

As of this writing two of NCVC's top riders have not renewed their membership, nor applied for the club's racing team, which means either they're turning pro, jumping clubs, racing unattached or not racing in '81. As it stands now (and someone should tell them) unless they renew they have to ride unattached until July. USCF rule states in order to jump clubs you have to resign by the end of the year or ride unattached for 6 months. If you resign during the year you have to ride unattached for 6 months....I'm sure that everyone is raring to go, never before have I seen or felt such excitement at the start of a season. NCVC finally has a national champ after coming close a few times. We now have a double in coach Jim "Mr. Legs" Montgomery - no longer are we a developing club, but the club of two of the nations top veterans, one of the best Masters and who knows who else.... In the past NCVC had a bronze medalist in Joe Saunders (Sr. track), a belt buckle (4th) in Jim Bradford (Jr. road) and in Jerry Nugent (Vet TT). Top ten finishers in Rick Barnett (5th, Senior TT), Barbara Miles (5th, Womens TT), Geneva Nugent (in the top ten of Womens Vets for the last 3

years!). Top 20 finishers C. Cressy (Sr. road). Also wearing the old red and white were such super stars as Tom Prehn, Gordy Holterman, Margy Saunders, Stephan Dolezalek (Jr. National Prestige winner beating Dale Stetina), Chris Meerman, Ian Jackson, Paul Pearson, Eddy Slaughter and a host of regional hot shots. So you should be proud and excited to be a member of NCVC, referred to by world class racer Tom Prehn as "one of the best organized in the country!" ...Many thanks to Pete "P.E." Swan for bringing the USCF clinic to our area. Although it was priced a bit high those who
con't p.4

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WHEELIE cont.

attended were pleased. At this time I would like to call on the club to conduct a clinic of our own before it gets too warm and everyone gets busy training...If your friend did not get his or her newsletter it's because they're not a 1981 member of NCVC as yet...Disappointed about the cancellation of "Breaking Away"? Well according to the Post there are three episodes left to be seen in the spring...Did you see ex-NCVC Paul Pearson in the last show?

Well I'm all rambled out for this month so until next time keep on lifting those weights and riding those rollers, ergometers and track bikes...You should drop by and see the Black-Rashid Roller Race Rivalry (that's Larry and Reno) on Sundays at College Park Bike Shop. □

Schedule

Sundays Feb 8, 15, 22 Roller Races at College Park Bicycle Shop 6:30

Sundays March 1, 8, 15, 22 Low Gear Criterium/road series at Greenbelt Park, Maryland.
Classes A, B, C, Novice
\$1. per race entry

* Unattached riders double entry *
Prizes - Cash & Merchandise
Starting about Noon
* note - each week distances will get longer

Saturday night Feb. 14 (tentative)
Mid-Atlantic Roller Champs.
Columbia Mall
Time trials Noon-6 to qualify
Finals / P.M.
All Classes
Prizes - trophies, plaques, and merchandise

Sunday March 29 Time Trial
10 miles
G.W. Parkway Course

For scheduling training rides please contact your rider reps. Also, check the A and A+ Rides of the Potomac Pedalers.

*For up-to-date information on events please call the Bike-Line recording at 439-2453 (HEY-BIKE)

MINUTES from the EXECUTIVE COMMITTEE Meeting Jan. 14, at Paul Lenz' House

The USCF Has approved the sponsorship of both Peugeot and Georgetown Cycle Sport. Paul Lenz expects to receive frames and other items from Peugeot in about a week. The duty of distributing sponsor's items went to Jim Montgomery. Paul Didier, membership secretary, will be in charge of distributing T-shirts and bike hats to the general membership.

Several small projects were discussed. Larry Black will procure 8½ x 11 inch stationery with NCVC logo; Paul Didier will get 5½ x 8½ stationery and the membership cards. Larry will also get 800 frame decals - one per club member will be given free, with the rest sold to recapture the initial cost.

Treasurer's report: the treasury has about \$1200; the cost of the Jan. Velo Voice was \$155.

Miscellaneous resolutions: Tim Black will be asked to be our corporate representative to the D.C. government ...Due to the unusually cold winter, the low gear series has been moved to March - it was agreed to hold four low gear races at Greenbelt and participate in the Potomac Pedalers time trial on March 29...IBM will be Thursdays, and Greenbelt will be Wednesday evenings, May through Sept...The NCO will be on April 19 (Easter), with Mel Pinto again as sponsor. The Mens and Womens races will be National Prestige Classics, with Junior, Sr. III and Veterans races also. Mr. Pinto will be loaning bikes for a special Embassy race for ambassadors. While we feel the quality of Event Services" officiating is not consistent, we will retain their services with some input from Pete Swan.

Jim Montgomery has named 14 members to the NCVC '81 A team: 3 Veterans - Jim Montgomery, Jerry Nugent, Rob Lea; 3 Juniors - Colin Clark, George Sheffield, David Petersen; 5 Seniors - Reeves Taylor, Mike McConnell, Larry Black, Matt McGoey, Ed Cottrell; 2 Women - Mary Pelz, Martha Rainey; 1 Intermediate - Gordy Holterman. All scored 50 or more points using Jim's algorithm; the next highest score was 35 or less. □

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Track Bike Special

MATSURI Track bikes. 19-25 inch frame sizes. Double Butted tubing, featuring pro equipment throughout. Strong enough for racing, affordable enough for training Fixed gear and freewheel. Clincher or tubular tires. Reg. \$360 NCVC Spec. \$ 329.

Good stock of traded-in and consignment pro road and track bikes and frames

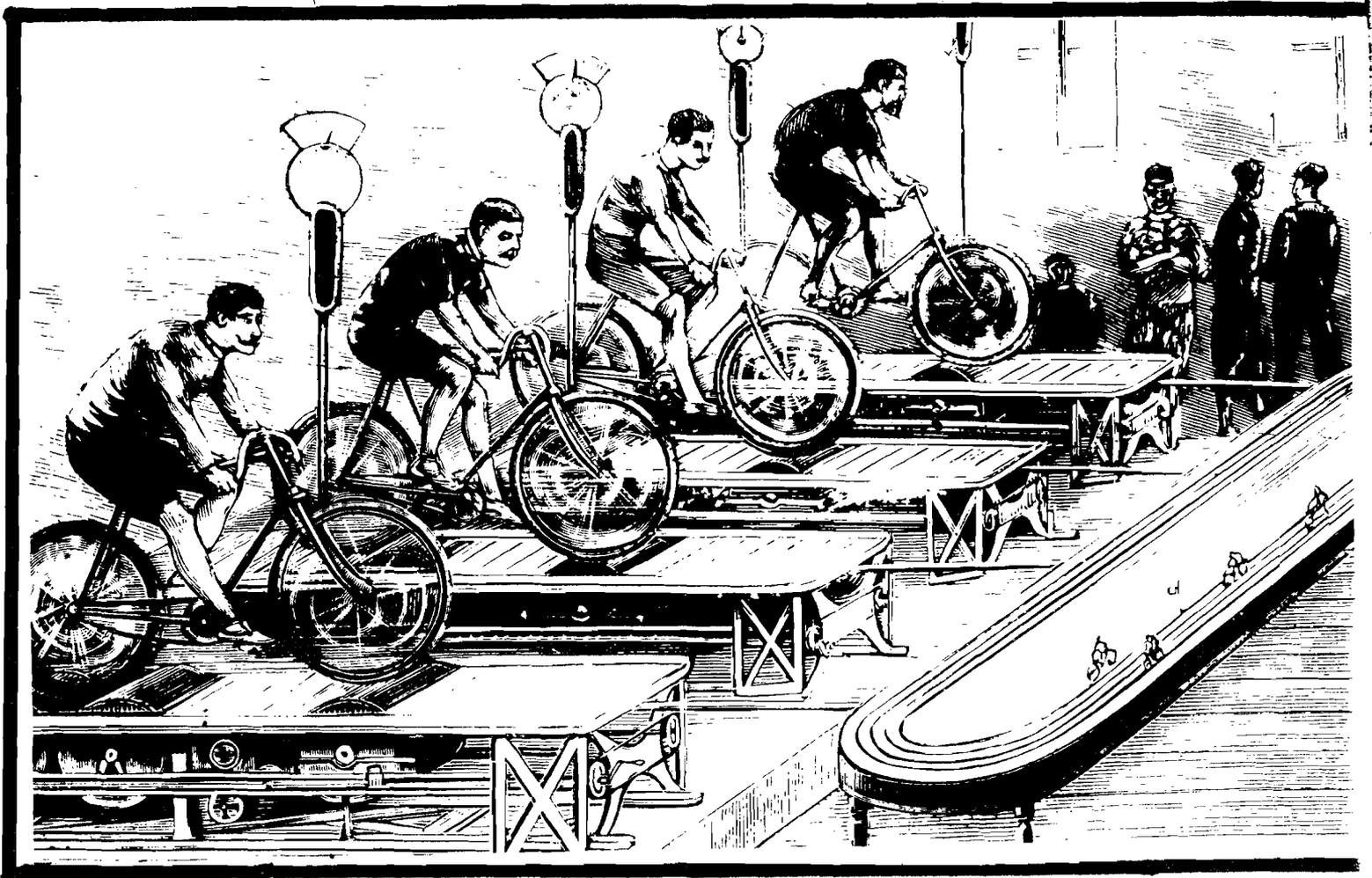
TUNTURI Ergometers new price went up to \$510 list. NCVC Special up to \$349. including steel pedals with toe clips. In stock

New and In Stock

RACER-MATE Simulators and Stands

New shipment of Duegi Insulated Shoe Covers

VITTORIA Budget-priced Shoes with heavily reinforced sole and adjustable cleats



MID-ATLANTIC ROLLER CHAMPIONSHIPS

At THE MALL IN COLUMBIA - COLUMBIA, MARYLAND - SATURDAY, FEBRUARY 14

Time trials, noon - 6 PM Finals, 7 - 9 PM Separate classes, \$500 prize list, \$4 entry fee
You must ride the time trial by 6 PM to qualify for the finals.

Letters to the Editor

I'd like to congratulate you on your new and redesigned newsletter. It looks very professional and is something NCVC deserves. Very informative, too.

I would like to bring up one issue that is very sore for many riders and club administrators - sponsorship expense money. Being an associate member who has dealt with this issue in other clubs, I feel I might be able to help resolve some of the problems... and I hope not create more. First, with a club as large and diverse as NCVC it will be hard to have a formula that will work without exceptions so impartial judgement will have to be made.

Second, NCVC has taken upon itself the noble task of being a development club - a club that brings riders from the rear of a pack to the front echelon. I think we would like to continue to develop riders.

Although I don't know how sponsorship \$ has been distributed in the past, I have heard complaints. Whether these complaints were warranted or not, I would like to give my views. A simple formula of place finishes or miles travelled will not work...Reasons: A Vet might go out and win every race he enters (with all due respect to Jim M.) or a wealthy Washingtonian might travel to Milano for some race. Well neither of these things are helping to develop the young riders (the young riders are the club's future). (As well as this country's.)

A young rider's desire and need should be taken into account when deciding how the pie is going to be cut. The guy with a full time job that does cycling as a hobby should not accept/receive the same as the unemployed, aspiring young Jr. or Sr. who would like to compete on the national and then international level. The formula will have to be your devising. Good luck....

Two more unrelated points:

I was a rider coach for a Jr. camp out here at the Colorado Springs Olympic Training Ctr. There were not any riders from NCVC! This camp was over Christmas holiday to accommodate school for the younger ones. This was an excellent opportunity lost for our young riders!

Also, as per front page of Velo-Voice: I feel it a gross misrepresentation to even imply that Mike Fraysse had anything to do with Beth Heiden's or Sue Novarra's performance at this years world championships.... Mike is the President of the Federation.... not a coach!

Tom Prehn

TEAM from p. 5

Specifically, 'A' Team members are expected to finish consistently in the top 10 as well as contribute to team placings in the top 3. While all team members must be fully qualified, an 'A' Team position will be provided for at least one woman and at least one intermediate. If no woman or intermediate is qualified, then these positions will remain unfilled. All other positions will be filled on a best-qualified basis. Preferences for filling the remainder of the 'A' Team go first to Sr. I/II, next to Jrs., then Sr. III/IV, Women, Vets, Intermediates, and thirdly to Midgets, Masters, and Grand Masters. Preference for 'A' Team members named at the start of the season will be given to active club members from the previous season; in addition, no team member from the previous year shall lose his position at the start of the next year due to a new club member who is better qualified. To qualify for the 'B' Team a member must consistently race in open races.

3. The Selection Process. The Team Coach will select in initial team followed by a revision each month during the season. The same basic formula will be used to rank order the team during the year as was used during the initial selection. The simple difference being that only the current season results rather than previous seasons results will be used.

WEIGHTS from p. 5

—See TEAM p. 8

Back to increasing your power. The other half of power is speed, which for the cyclist is leg speed or ability to spin. While the low, fixed gear training at the beginning of the season is first of all for cardiovascular training (to improve the blood supplied to the muscles, ligaments, and joints), secondly it is to establish leg speed (with proper form). The first part of the season is then dedicated to specificity; that is, putting that strength to work for you by training on the bike. Remember that during February and March you should be establishing both the strength and the leg speed which you will maintain through the entire season. These are the two basic factors which specific training will increasingly allow you to utilize. Be it simplistic, there is still great depth in the:

FLEXIBILITY - STRENGTH - POWER - ENDURANCE formula for fitness. So keep up the weights and stick to a low, fixed gear initially. I would not recommend a freewheel until April. ☐

TEAM from p. 7

3.1 Initial Team Selection. The initial team will be selected based on the previous complete season results. The following points system will be used to rank order the team candidates:

- 1 Point: - any open, sanctioned race entered (series excluded).
 - Finishing top 10 of same.
 - Finishing top 10 Sr. I/II.
- 3 Points: - Placing top 3 in open race.
 - Placing top 3 Sr. I/II
- 5 Points: - Winning District Track Championship event.
- 10 Points: - Winning District Road
 - Top 10 in Nationals event.
 - Top 3 UCI Calendar event.
- 20 Points: - Top 3 in Nationals event.
- 0-15 points: - For outstanding teamwork.
- 0-10 Points: - For outstanding potential.

Suggest that a minimum of approximately 35 points be required to make the initial 'A' team roster. Initially only those slots which can be filled by clearly qualified riders should be filled. The remaining slots should be filled as riders prove themselves. The top ten 'A' team members (based on best qualified) get equipment for the season.

3.2 Further Considerations. In order to be selected for either the A or B teams a rider must be a member in good standing of NCVC, apply for the team and sign a team application. Continuous club membership or an initial, new membership is required to make the initial team roster at the beginning of the season. The team rosters will be revised monthly (starting in May) by the team coach applying the criteria above. No rider shall be dropped from the team because of poor performance of injuries based only on the preceding month. Rather he shall be placed on probation for one month before any decision is made. The coach shall publish the rosters of both the A and B teams in the Newsletter every month. The team manager shall disburse expense money for entry fees, travel, lodging according to the team expense formula. The manager shall also publish the amounts of disbursements monthly in the Newsletter. The team coach is responsible for notifying the team members of the designated races at least three weeks ahead of time.

NCVC TEAM APPLICATION

I. Rider Obligations

- A. Agrees to ride at least one half of the designated races
- B. Agrees to race or return all team issued equipment or clothing
- C. Agrees to split prizes
- D. Agrees to attend monthly team meetings.
- E. 'A' team members agree to ride primarily for the benefit of the team
- F. Agrees to notify team manager by Monday (Tuesday for Monday race) of placings for weekend races.
- G. Agrees to conduct oneself in a manner which reflects favorably on the club and the sponsors.

II. Club Obligations

- A. Agrees to issue clothing and equipment for the season unless the rider is dismissed from the team.
- B. Agrees to one month grace period for 'A' Team members before removal from the team for cause
- C. Agrees to members right of appeal to the Executive Committee provided that the appeal is made before the end of the 30-day probationary period
- D. Agrees to select and reimburse the team according to the NCVC team program.
- E. Agrees to provide all team members with a current copy of the team program.

I have read, understood, and agree to the above and do apply for a position on the team. My results for the last/current season are attached.*

Signed _____
Name _____
Address _____
Phone (home) _____ (work) _____
1981 Class _____ (Category) _____
Today's Date _____

* the applicant should list all races entered and placing.

**applicant may use a copy or facsimile of this application.

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LETTERS TO THE EDITOR con't.

Some thoughts on the Team,....
(or brother, this ain't Belgium)

The concepts of team money and money given out to members for "various items of expense" needs a serious 'looking at' by the club and the executive committee in particular.

It is my personal belief that NCVC is not in the banking business nor meant to be an association which exists to bankroll bike racers. If a rider wants money let him hire an agent and turn pro.

The function or purpose of the club - again my personal opinion - is to provide fellowship for persons having a similar interest in bike racing, to serve as an organ of information for aspiring or veteran bicycle racers in regard to training concepts and ideas and, possibly, to assist in the development of riders, young and old, by providing encouragement and the means to attain a certain degree of proficiency and expertise in bike racing.

It is to this last point in the above concept that the purpose for having a "team" exists. With the new sponsorship provided by Cycles Peugeot USA and the continuing sponsorship provided by Georgetown Cycle Sport, the team concept can at last be brought into proper focus since the material means is at last in our grasp. Our club is not in the business of dispensing cash and never has been. The idea that bike racing in this country (or any country, amateur of course) is supposed to be profitable is erroneous. Anyone who thinks differently is currently racing in the wrong country and holds the wrong kind of license. Again I emphasize the purpose of the club, and ask each member to re-evaluate just what he/she expects from it. Racing is what you put into it - the club is what each member puts into it.

Reeves Taylor

Tidbits from the USCF Riders Clinic....

...from Jim Montgomery
Jim Grill gave a very good riders' clinic. I have to congratulate those few who did attend for their foresight in doing so. For those of you who did not choose to attend, I will mention some things which struck me. Every year adjustments are made based on successes and failures from the previous season. I think that the majority of those items are as a result of the success achieved in the team time trial. The basic 'new' philosophy is aimed at greater power through strength at a lower RPM (90-100). This means being able to effectively push big gears.

- Add weight training once a week during the season for maintenance
- Cleats positioned such that the ball of the foot is 1 cm front of pedal axis.
- Shoes such that there is only a 2-3 mm rise in the heel.
- No ankling
- Only track sprinters should have toes pointed down.
- Handlebar drops parallel to top tube.
- Keep back straight, not hunched.
- Climb using tops of bars

NCVC Newsletter
4808 Guilford Rd.
College Park, Md. 20740

- For indiv. TT, use 2.5mm longer arms.
- 20-30,000 miles is average life of the average racing frame.
- Road frames should be built with 72-73 degree angles.
- Road BB should be about 10.5" high.
- Minimum 90 RPM on ergometer workout.
- Minimum 250 g. tires for most races.
- Best all around racing tire is Clement Criterium.
- Tighten Crank bolts to max. and check regularly.
- Warmup then stretch.
- In weight training use the degree of bend used in cycling.
- In weight training concentrate on higher reps (20) and speed.

There were many more (some of which I will save). While these are Grill's, (really Eddie B's) ideas, if you have any questions, I'll be glad to try to answer.

CLASSIFIED AD

Cortina rollers, used, with new rubber band for \$70.00. Please call John Prehn 7-10 PM at 301-268-3477.



Pete Swan
1400 Fridley Lane
Silver Spring
Md 20902