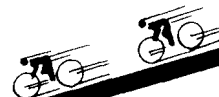


APR. 1981 Vol.1 No.4

VELOVOICE

A Journal of Bicycle Racing in the Nation's Capital



RACEVENTS

Sunday, April 12
NCVC SPRING ROAD RACING CHAMPIONSHIP
(see inside)

Thursday, April 16
ROLLER RACES at THE BICYCLE EXCHANGE
Fairfax, VA.
USCF Senior, Junior, Veteran
96.4" gear
Register 7:00pm 323-0500

Sunday, April 19
NCO at the ELLIPSE (see Velo News)
Help out on this one.
It's Your race.

Sunday, April 19
AZALEA FESTIVAL CRITERIUM
Norfolk, VA (804) 622-0006
All classes except Senior I.

Saturday, April 25
2ND ANNUAL COLLEGE PARK BIKE RACE
(see inside)

Sunday, April 26
MONTGOMERY COUNTY REC DEPT CRITERIUM
IBM Course
Registration: 11:00am

May, Wednesday nights, Greenbelt Park
Thursday nights, IBM
Registration: 6:00pm

Sunday, May 17 (tentative)
ON THE MALL (Wash. D.C.)
Senior I, II, Women, Junior
Additional classes pending approval
\$10,000 prize list

VIRGINIA BEACH - A CLASSIQUE

by Mike Butler

On March 22nd, the Virginia Beach Pedal Classic opened the 1981 racing season for the Atlantic Region, one month earlier than usual, and everyone seemed ready to race. The course was a flat circuit around two blocks of the Oceanfront and the cooperation of the police minimized traffic problems. The streets were closed and on the backstretch, one side of the street was coned off permitting one lane of traffic otherwise giving the racers the entire roadway. The actual running of the races was very organized and the races started on a timely basis. The weather was great for registration and the Senior III race but got dramatically colder with every race. By the final event, everyone - spectators and racers was freezing. NCVC-Georgetown Cycles Sport/Peugeot was the most successful club with 2 outstanding victories and several other Top 10 finishes.

(Continued on Page 5)



**PPTC
TIME TRIALS
APRIL 26**

*BIKE LINE

*DIAL

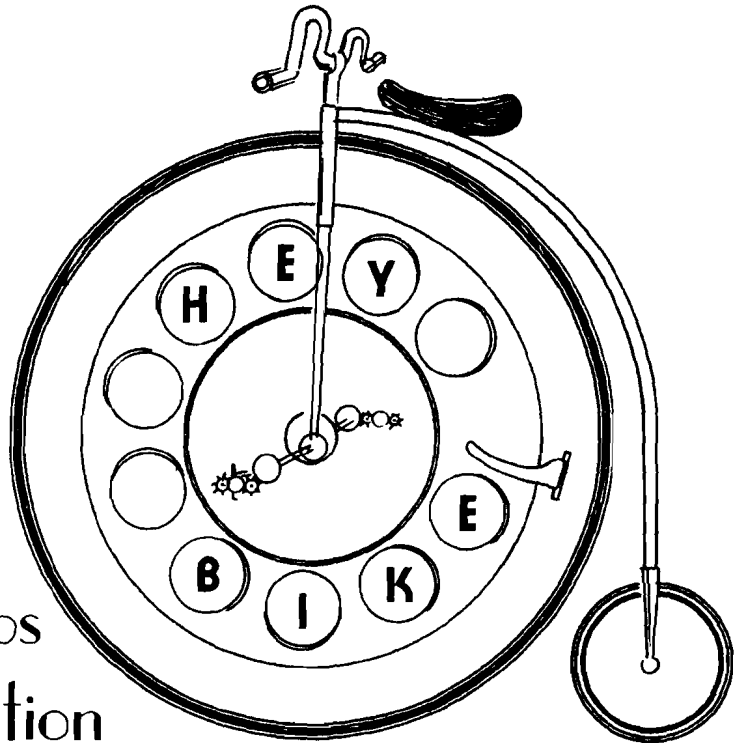
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Letter to the Editors

I resent reading in Velo Voice "Rock Creek Road Races, George Washington Parkway Time Trials. If you want to ride these events, help organize and run them."

The Club has an Executive Committee which is supposed to run the Club under the leadership of the President. The Club advertised that we will have these events on the club applications. I joined this Club solely to ride these events. I paid my \$10 expecting them.

How about the IBM and Fall Rock Creek races? Will we have them?

I was told that these events are as old as the Club and the National Capital Open. Shouldn't the membership have a say in breaking such a tradition?



A Very Upset Member

NCVC OFFICERS

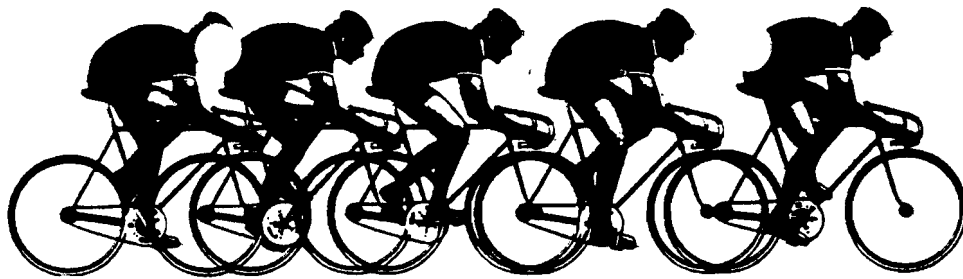
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Vice Pres.:	Tim Lung	(301) 739-6220
Secretary:	Ken McCormick	725-7078
Treasurer:	Paul Lenz	279-0061
Membership Chairman:		
	Paul Didier	(703) 777-8336
Maryland Rider Rep.:		
	Alan Rashid	229-0346
Virginia Rider Rep.:		
	Ed Cottrell	476-4716
Team Coach: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

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

NOTICE: Articles, letters, etc., are welcomed. DEADLINE FOR THE NEXT ISSUE IS APRIL 22. Materials must be in the Editors' hands by that date to be in the next issue.



Greenbelt Park Draws Record Turnout

The Low Gear March Series drew record crowds of competitors and spectators. We were blessed with the area's mildest Sundays as far back as we can remember.

A very special thanks to Anne Heninger and staff of Greenbelt Park. Also, thanks to excellent helpers - Myron Williams, Linda Black, Mike Butler, Jim Patton, Dave Rodenhuis, Saul Goldberg, Ken McCormick and all the road guards who made this event successful.

Press coverage from major and local newspapers added to the success and popularity. Many new club members and licensees were gained. Below are the results, including the extra points for the road guards. Your numbers can be kept for future IBM and Greenbelt Park races. They are good all year. Prizes are merchandise at College Park Bicycles, the sponsor of the series. Be sure to thank Larry, Linda, or Julie when you pick up your prize. Besides the prizes, the series actually earned the club some extra profit which was turned over to rider expenses.

GREENBELT PARK RESULTS

CLASS A

Place	Points	Prize
1. Montgomery	17	\$ 15
2. Meerman	15	12
3. Cressy	10	10
4. Fisher	7	7
5. Giese	6	5
6. Schuette	5	
7. Hargett	3	
8. McGoey	2	
Lee	2	
Barnett	2	

CLASS B

1. Mills	20	\$ 12
2. Nolan	11	9
3. LeMair	7	7
4. Petersen, F.	5	4
Kuh	5	4
Hensel	5	4
Noakes	5	4
Bilhartz	5	4
9. Cooper	4	
10. Dixon		

NOVICE 14-18

1. Pugh	14	License
2. Haddock	13	\$ 7
Hannegan	13	7
4. Derr	8	6
5. Cowell	6	5
6. Dalton	5	
7. Kennedy	5	
8. Miles	2	
Betz	2	
Bennett		

NOVICE 13-Under

1. Grieg	18	\$ 8
2. Gustavson	15	6
3. Haddock	13	5
4. Vollmers	11	4
5. Palumbo	7	3
6. Feldman	4	
7. Nelson	3	
8. Keller	2	
9. Scott	2	
10. James	1	

CLASS C

1. Groome	17	\$ 10
2. Gangloff	15	8
3. Pittensel	12	6
4. Hammerer	8	4
5. Nolan	7	3
Wainer	7	3
7. Ruske	5	
8. Driscoll		
9. Pelz	2	
(1st Place Women)		
10. Paul, J	11	
Davidson	1	

NOVICE 19+

1. Reilly	16	License
2. Haddock	15	\$ 8
3. Trimmer	9	6
4. Perry	6	3
Beach	6	3
6. Wainer	5	
Moreland	5	
Morgan	5	
9. Dalton	4	
Hammerer	4	

Maryland Sprint Series

DRUID HILL PARK, Baltimore, March 29

Senior I, II, III

1. J. Montgomery
2. T. Prehn
3. L. Black
4. M. McConnell
5. F. Kelly

Junior

2. G. Sheffield
3. C. Clark
5. D. Pedersen
6. T. Noakes

Women

1. M. Pelz
2. M. Rainey
3. T. Lea

RAMBLIN WITH THE WHEELIE

What are you doing to contribute to your club? If you are not yet involved, call a member of the NCO Committee and volunteer your talents. One easy job, which is very important and gives you a front row seat, is the dreaded (and I don't see why) Road Marshall... I know you're asking yourself, "What's so important about a road guard?"... Well, imagine a race with some of the U.S. top riders and people, kids, dogs, and whatever walking or running across the course whenever and wherever they please...if that's too much to comprehend imagine yourself racing around IBM or anywhere for that matter, and people crossing the course uncontrollably ...as of March 1, we had 160 members so we should not be shorthanded...While on the subject of shorthandedness, I'm sure the Club would spring for gas money if you take 3 or 4 other to help out at the District Championships. In the past, people have been known to drive their car as pace car or follow vehicle out of the kindness of their hearts and pockets. Please help your sport, friends and Club. Call Ken Gyory to volunteer then show up and help. Every year about this time I have to explain A Class, B Class, C Class, etc. The purpose of our training races...a training race is training ...is to help you go faster, ride more safely and smarter, and to allow you to safely experiment with different race strategies...One of the big problems with the Club's training races is bike handling. Too many people ride in A Class just to keep up and sometimes do, but at the expense of other peoples broken bones and bruises. We could move them down to B Class but they'll be just as dangerous there. So what is the answer?...put them in C Class?...maybe we should use the U.S.C.F. rules...three places in the top three or six in the top six to move up. I suggest that you express your concern to a club officer or the race promoter. Reeves Taylor is all in casts, because of bad bike handling in A Class in the first race of the season...so it's up to you...March 1st was the date of the first club race at Greenbelt Park and being a warm and sunny day it was the biggest turnout

ever...everyone was raring to go. Unfortunately, both B and A Classes had crashes before two laps were completed with the A Class riders suffering the most. An 8 man crash on the down hill included Reeves Taylor. Newest Alpine Ace, NCVG Grad of '80, Rick what's his name, broke away to cross the line first but was disqualified for not blocking off his gears to 76. Dyno Vet Montgomery was declared winner after outsprinting the pack. In B Class, John "Mr. Spin" Mills and Jerome Kuh broke away to finish 1-2... YES IT'S TRUE. I am a life member in MRC/Alpine, since 1979, and I have a tee shirt to prove it. This allows me to attend the annual banquets at no cost. I can ride at all club races free but I have to cheer members on at some open races... Jim Bob fans will be happy to know that he's alive and well and a civilian again after a month in the USAF... He didn't like the uniform and didn't like the idea of growing his hair again...Ron Rae is desperately working on the Rock Creek Spring Series and could use some help (one race, April 12th is scheduled Editor's note). All we need now is someone to promote a couple of time trials...it would be a shame if the first and only time trial this year is the District Championships...We've already been accused of false advertising on our membership application form... Be prepared...IBM may require more road guards this year. Also "P.E." Swan and Co. may take his act overseas so if you want to be like him why not talk to him and find out how to run IBM...who knows? One day you may have a "P.E." next to your name. It's a start in the right direction anyway... Rumor has it that Alpine is after "The Machine" (Rick Barnett) and Georgetown/Peugeot is after Meerman...it is also rumored that one time Senior III East Coast Champ Joe Deaton is back on the bike and might be wearing the old black and yellow (Alpine colors, I think). Wow! Who will be the leader leader of the pack...the question is, who's going to have the job of making team riders out of these guys?...and who will block for whom?...Should I even wonder about

(Continued on Page 6)

The first event was Senior III in which a seasoned Eddy Cottrell led the assault with Rookies Kraig Klinke and Mike Kennedy. Even though there was no evidence of team work everyone looked strong. Ed, whose sprint is not yet up to form, used his experience to finish 4th with Kraig finishing 8th. The Veterans race was predictable, but still exciting. From the gun, the pace seemed hot with riders dropping off the back on the second lap. Jerry Nugent attempted a break but was soon chased down. Soon after, Mr. Legs and Mr. Calves (Jim Montgomery and Rob Lea) kissed the pack goodbye and time trialed it to the end lapping most of the field. Jim won the sprint over Rob and Jerry finished 8th.

The Juniors were up next and NCVV's Team was led by George Sheffield who rode a "Jim Bob" type race but sprinted too late. The first year Juniors stole the show with Tim Noakes riding very aggressively while attempting to break away and always being up front. At the bell, the excitement was high, four red and white jerseys well-positioned but one lap later saw A Team members David Petersen and Colin Clark in 6th and 7th places.

The Women's race looked like another Paris Sport picnic, but NCVV played the part of the ants at the picnic and challenged every move reminiscent of a few years ago when NCVV Women's team was a power. Motoring Mary became Mothering Mary as she played Domestique to the Paul sisters who were in a couple of breakaway attempts. Star of the show was 17 year old Cynthia who sprinted to a 5th with sister Julie sneaking in at 10th.

The final event started in what seemed like freezing weather. The West German Team, however, kept things hot from the gun by constantly attacking and chasing small breaks. Matt McGoey and Mike McConnell, riding their first race for Georgetown/Peugeot, showed us that they were worthy of being on the A Team by some very aggressive riding being always well-positioned and mixing it up. The race was won by National Track Champion Harvey Nitz

who sat in the pack unnoticed in his new pink team jersey only to blow them away in the sprint. Matt, in a very hard sprint, was 10th. Riding noticeably well was Mid-Atlantic Roller Champ Reno Rashid who, with the Torpedo, were the only other local riders to finish.

Senior I,II	M. McGoey	10th
Senior III	E. Cottrell	4th
Senior IV	F. Kelly	1st
Women	C. Paul	5th
	J. Paul	8th
Veteran	J. Montgomery	1st
	R. Lea	2nd
Junior	D. Pedersen	6th
	C. Clark	7th
	G. Sheffield	11th
	T. Noakes	13th
Intermediate	M. Schaaf	5th
Midget	J. Pedersen	3rd
	B. Clark	4th

WORDS OF PRAISE

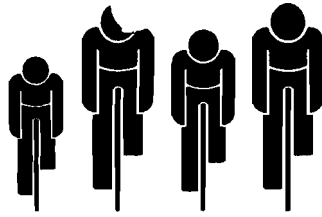
Paul Lenz, representing Cycles Peugeot and Beach Pedalers Bicycle Club, would like to put in a word of thanks to the NCVV members for how they rode and conducted themselves. Not only did they ride in a professional manner, they showed class and were a delight to have which inspired some Pedaler members to volunteer to help out at the NCO!

IN THE PACK WITH LARRY BLACK ...

One of the reasons the traditional March time trials were postponed was due to the fact that we could not get a permit in time. With February's inclement weather, the low gear series originally scheduled for that month were moved to March, the usual TT month.

Many top riders and coaches are now of the belief that winter is a bad time for time trials. They say it is just too early to push big gears, and out of place for riders who plan their seasons to peak in the spring summer or fall. Next year we'll try to coordinate schedules with the Potomac Pedaler who may hold their TTs as early as February or March to serve those of you who would like to test your ten mile a little earlier.

For those of you who can't wait, why not try your luck at Hain's Point, where an alleged 3 laps is ten miles. Traffic is low on week days after rush hour and before lunch.



(Wheelie - continued)

NCVC Spring Road Racing Championship

Place: Rock Creek Park
Time: Sunday, April 12, 1981, 8:00am
Registration: 7:30am, 1st Race, 8:00am
Entry fee: Zero
Prizes: ??
A Class: 45 miles (12 laps)
B and C Class: If desired.
D Class: 8 miles. Bring your own Numbers.
Promoted by Ron Rae.



2ND ANNUAL COLLEGE PARK BICYCLE RACES

Saturday, April 25, 1981, rain or shine
Registration, 9:00am. First race, 10:00am
USCF Junior, Senior III&IV, Women
Collegiate A, B, Women
Novice
Entry fee: Senior \$3, all others, \$2
Sponsored by College Park Bicycles
Promoted by NCVC, U. of Md. Bike Club,
and Washington Bible College.
\$550 minimum prizes



P P T C TIME TRIALS

Time trials will be held on George Washington Parkway assembling at 8:00am at Lock 6. They will be held the last Sunday of the month, through October. Helmets are required. No timing after 9:30am. The course is 5 miles out, 5 miles back, crossing over at the David Taylor R&D cross-over. NCVC riders are encouraged to attend.

splitting prizes? Nah, it's too much...The Second day at Greenbelt was just as successful, a bit chilly and cloudy but okay. Would you believe that the spectators were fighting for a spot at the previous week's crash area?...anyway, "Legs" Montgomery and two time kilo national silver medalist, Chris Meerman, showed the youngsters how it's done by outsprinting them to the line... Fast Eddy was looking pretty good as was young Pedersen. B Class was won easily by Spinner Mills only after a rider in jeans and sneakers (in B Class?) got a left hook and a right cross for reckless riding and decided to brake and come out of the race on the uphill...this, to say the least, shook some folks up...but as you can see, this is an action-packed sport. I must say, that's one way of taking care of the bad bike handlers...I would like to preface my next statement with this, "DON'T CALL ME, I'LL CALL YOU"...OK? ...I was snookered, I mean honored with the job of distributing the hats and t-shirts to the membership. (Sit down and leave your phone alone) I have a limited amount of shirts and lots of hats. On Sunday, April 26th at IBM after the races, AFTER the races, I will give out what I have on a first come, first serve basis... Please read it again and read it on the 26th before you come to the races... Remember, "Don't call me, I'll call you." It might be too late but there is a very good article in the March issue of GEO, a new magazine. See you on the Elipse, Sunday, April 19th. Bring a friend.

Cheers, The Wheelie

P.S. This is crazy, I'm signing my name Wheelie.

LOOKING FOR MR. GREENBELT

We URGENTLY need a "Mr. Greenbelt" to help run the popular and successful Greenbelt Park Evening Series. Fact is, No Volunteer, No Series! Pay is poor but rewards are great. And you may even get to meet some new people. I can get you started and some help but you get the title.



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LARRY BLACK



THE ANNUAL COLLEGE PARK BICYCLE RACE



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COACH'S CORNER

by Jim Montgomery, Nat'l Champion

Notice to all Riders. In order to be able to notify our sponsors of the club's results of weekend races on Monday morning, it is necessary to have everyone call in their placing. My wife, Rebecca, has volunteered to notify the sponsors, but she needs your help. If you place in the top ten, please call her on Sunday night or on Monday morning (471-7656). And, by the way, thanks Rebecca.

Note for the A Team. The majority of the jerseys and shorts have not been received from Peugeot. Ed Cottrell has been working on modifying them to remove "Esso" and "Michelin" and add "NCVC" and "Georgetown." We hope to have them by the NCO. (Thanks Ed.)

More Help for the Needy. Fortunately for me, since I have taken on more than I can do well, Mike Butler has volunteered to help. For starters, in addition to working closely with the women's team, he will be distributing the Peugeot T-shirts and caps to all club members. (Thanks, Mike, you devil.)

Team Budget. Paul Lenz has given tentative approval for \$300 for team expense money for April. He has not been able to give me a budget for the remainder of the year as of yet. I am asking for the following budget: April - \$300, May - \$600, June - \$500, July - \$500, Aug - \$400, Sept - \$500, Oct - \$200, for a total of \$3,000! Expense forms can be obtained from Jim Montgomery or Mike Butler. Expense forms for April must be turned in to Jim Montgomery by Tuesday, 5 May 1981 (No Exceptions!)

B Team. Without approval of a budget, the team director has been unwilling to name the B team. However, for April, he will accept expense forms from everyone who has a team application on file. His philosophy is that a significant portion of the serious rider's expenses should be reimbursed by the club if he is producing results for the club. If the budget is so small that a large team

would dilute the reimbursement to insignificance, then the team size must be restricted.

Prize Splitting. The standard formula for prize splitting is for each prize, one half to the prize winner and the other half to his teammates; of course, he gets his share of their winnings also. I have encouraged all A team members to explicitly agree to split (and then to do so) with all NCVC riders in their class who can significantly contribute to a team victory.

On Training: Miles are not training. At best, they are preparation for training. Training is, of course, preparation for racing. Intense, hard, fast, snappy, these are all adjectives describing rides which produce a training effect. If you are riding alone, it's difficult to train; try intervals. If you ride with others, but ride side-by-side, you are not getting as much training as can be gained by trading pace. Cultivate training partners. If you have to spend two hours to ride one hour with someone else who can push you, it's worth it.

Okay, so suppose you do train hard. Do you sleep just as hard? I try to get 8 to 9 hours of sleep every night (and usually succeed). Given adequate time to recover, the body responds well to punishment. Training is a process of teaching the body to respond and recover. So concentrate on intense, hard, fast, snappy rides with other riders trading pace and then give your body a chance to recover from the punishment.

Junior Training Clinic: My apologies to the Juniors for not (yet?) holding a Junior training clinic. My wife has been recovering from an operation for the past month, which has precluded my considering a weekend clinic as I had planned.

(Continued on Page 9)

CLASSIFIED

48 cm Ron Cooper road bike. All
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23½ inch Limongi frame, chromed fork.
New paint. Full braze-ons, Campy
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Coming next month: (if all goes well)

NCVC vinyl frame and car decals
NCVC membership cards

(Coach's Corner - continued)

Mopeds and Motor Pacing. With receipt
on March 19 of the new Peugeot moped
from Cycles Peugeot, the club now has
two mopeds on loan. The first was
provided by Danny Wagner of Georgetown
Cycle Sport two years ago and is now
in the possession of Jerry Nugent. On
the other side of the beltway, I have
the Peugeot moped. Motor pacing can
be great training. Contact Jerry or
myself to use one of these machines.
Wear a helmet, ride good tires and
remember that it can be dangerous.

Lost and Found

One Bell Helmet

One timepiece

Name it and claim it. Call Larry
Black, 277-2555.

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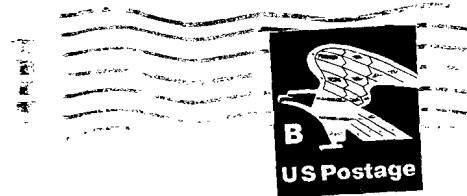


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