THE HARRISBURG BICYCLE CLUB

JANUARY 1988

250(E7WVV



BIKE

CLIVIC

A "Hands-On" Experience

Bike Service Clinic Begins January 30

That special time for bicycle maintenance is rolling around again. Consider becoming more intimately acquainted with your bicycle and its parts. The class is designed so that one "old pro" will be with each small group of learners. He or she will be readily available to give advice — but YOU do the work and YOU will be very proud of your work when finished.

NO experience necessary!

The clinic is open to all club members and especially to those whose hands have never caressed a wrench or patch kit. The purpose is to make you more comfortable as you ride, knowing that you can handle many on-the-road problems that can come up — and be aware of maintenance needs to keep your bike in good running order. The astounding bit is that you have a good time in the process!

We will show you step-by-step how to do a procedure (aided by slides that will reveal the wisdom and wit of John Layne and Owen Moore). Then you will do the same task on your bicycle. Bike shop personnel and other experienced club members will be circulating to help you.

The clinic will be held from 8:00 a.m. to 12 noon on four consecutive Saturdays (Jan. 30, Feb. 6, 13 and 20) at the Harrisburg Area

Community College (HACC) in the Phys. Ed. building. (Its the northernmost building on the east side of the campus.)

Coffee and doughnuts or some kind of breakfast treat will be available to get you going.

Calling experienced hands!

If you have mechanical experience and could help with the clinic, Owen would love to hear from you — 761-4822.

Subjects and dates are as follows:

Jan. 30 Fixing a flat; chain removal; cable replacement; final adjustment of derailleur, brakes, etc.

Feb. 6 Bottom brackets and pedals

Feb. 13 Rear wheel

Feb. 20 Front wheel and headset

When and how do I register for the clinic? Fill out the form with this article (even if you phoned in November) and mail it by January 15 to Owen Moore, 411 N. 4th St., Lemoyne, PA 17043.

what do I bring to the clinic? Your bike, any tools you already own (others will be available to borrow), a small can for parts, an old toothbrush to clean parts, clean rag, newspapers. Optional but useful: old tea strainer, magnifying glass, breakfast food that can be shared.

	but we do have expenses (coffee, food, solvent, patch kits, grease, etc.). We may have to pay HACC for the use of the gym, depending on whether or not we are joined by a Phys. Ed. Bicycling Class. We'll have a pot for contributions to defray expenses.
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1	I will be at the sessions checked below:
	- WILL SO WE DESSIONS CHECKED DELOW:
! ! !	Jan. 30 Fixing a flat; chain removal; cable replacement; adjusting derailleur and brakes. Feb. 6 Bottom brackets and pedals Feb. 13 Rear wheel Feb. 20 Front wheel and headset
	Name
	Address
	Phone (h) (w)
l	Mail to HBC, 411 N. 4th St, Lemoyne, PA 17043
i	

What is the cost? We don't charge tuition.

RIDE OF THE MONTH

Reported by Dave Miller

Fulling Mill Frolic: Fulling Mill Road is a relatively quiet rural road that runs East to West in Swatata and Lower Swatar Townships. It connects Eisenhower Bourlevard near Highspire with courntry roads accessing Hummelstown and Hershey. This particular route travels throughhilly conrtry and features a variety of scenery.

The complete route is a 33 mile loop beginning at the new Campri Hotel which is on the west side of Eisendhower Blvd. and is easily reached form the Swatara Exit of Route 283. The route travels easterly thru Hummelstown, follows Bull Frog Valley Rd., overlooking Hershey and back via Chambers Hill. The route includes two "loops" that can be eliminated to reduce the distance or avoid hilly areas.

The first loop begins at the 9.5 mile point when the right turn is made onto Waltonville Rd. and ends at the same point at the 15.3 mile point and includes a 2.5 mile climb on Bull Frog Valley Rd. The climb can be avoided by truning left into Hummeltown on Waltonville Rd.

The second loop begins at the 19.0 mile with the right turn onto Nyes Rd. This part of the route is very rolling but includes no major climbs. The country is very pretty and there are a number of beautiful homes. To avoid this loop merely turn left at the Nyes Rd. intersection and continue south on Milroy Rd. Enjoy!

Distance instructions

0.0 Begin at Compositions

Turn right from parking (south) on to Eisenhower Blvd.

.3 Left at traffic light on

Highland St. 4 Right on Highspire Rg.

1.5 Left onto Fulling Mill Rd 3.6 Cross Oberlin Rd. (Rt 441) No

4.7 Left on North Union St.

6.2 Cross Swatara Creek

7.3 (becomes Fidler's Elbow Rd) Cross over Rt. 322 (Hershe) Rd.)

7.5 Right on West High St. 8.2 Right on South John St.

8.2 Left on Short St.

8.4 Right on S. Hanover St.

8.9 Cross Rt. 322

8.9 Left on Service Rd. beside Rt 322

9.5 Right on Waltonville Rd.

10.1 Left on Wood Rd.

10.8 Right on Bullfrog Valley Rd.

12.3 Right on Roush Rd.

13.5 Right on Waltonville Rd.

15.3 Cross Rt. 322 (Waltonville becomes Quarry Rd)

15.8 Right on É. Main St., Hummelstown

16.0 Left on N. Hanna St.

16.1 Left on E.2nd St. 16.3 Cross E. Hononr St.

Continue on W 2nd St.

17.2 Left on Old Farm Rd. 17.3 Right on W. Main St.

17.7 Right Pleasant View Rd.

18.7 Over railroad bridge, bear left on Derry St.

19.0 Right at stop sign onto Nyes Rd; 100 ft. left uphill to stop sign

20.0 Right on Willoughby Rd.-(Huntfield sign)

20.9 Right on Union Deposit Rd.

21.1 Left on Copperstone Rd.

21.9 Right on Red Top Rd. 22.5 Left on Hunters Run

Left on Hunters Run Rd. (Turn before bridge)

23.8 Left on N. Nyes Rd.

25.0 Right at stop sign(stay on Nyes Rd.)

27.0 Straight thru at stop; Nyes Rd & Derry St. (Nyes Rd becomes Milroy St.)

27.5 Right on Grayson Rd.

27.9 Right, stay on Grayson Rd. 29.2 Continue Grayson (inter

29.2 Continue Grayson(intersection w/Mushroom Hill) 31.0 Left under Rt. 322 on Penhar

Rd. (Swatara, E Rt 322 sign)

31.1 Right on Lewis Rd. 31.7 Left on Ampwick Rd.

31.9 Right on Chambers Hill Rd.

32.2 Cross Expressway, immediate left turn Swatara sign (CAREFUL: BUSY INTERSECTION)

Right on Eisenhower Blvd. Right into Compri Hotel

parking lot

32.4

32.8

Annual Awards Manquet

January 23

Christ Presbyterian Church, Allendale, Camp Hill (see map)

5-6 PM

Registration, hors d'ourvers, socializa

6-7 PM

EAT

7-8:30

'Awards and entertainment

8:30+

It's up to you....

Admission requirements: 1 potluck dish (see guide below) or \$5.

lines



This is an awards banquet and we will recognize those club members who have contributed their time and enthusiasm to make this past year one of HBC's best ever. But never fear, it's not so serious. Long standing members will want to see who gets the Broken Bottom Bracket and the Pulverized Patella awards. First year members will receive a kit for quick chain repairs. Come and see who gets the Frick & Frack Award, Evil Knieval Award. Could it be you? With Bill Pickering orchestrating, anything is possible! We all know that HBC is a nice group and the banquet maintains a family rating. We also know that these awards can appear as grist for the blackmail mill. So be there to defend your honor.





Do you know of someone deserving an award? We will be glad to include yours in the program if you let us know before January 9. Call Shery! Albertini at 691-7316 and leave your suggestion at the sound of the tone.



If you don't have an award, bring some memories to share. Take some time, go through your slides and photos. Slides go to Chris Doran (238-6460) at Wildware, Harrisburg. Please label and identify all slides for easy return. Bring the photos in a centerpiece of your design or for mounting on our display for the evening. Those bringing centerpieces will be eligible for the doorprizes.



This fabulous feast is a covered dish. Bring the type dish A designated by the first letter of your last name.

A - K

Main Dish

L-R Salad

Desert

Your culinary creation should serve 8 to 10 people. PLEASE put your name on the dish or serving utensils. If you really can't boil water or choose not to, you can opt for a \$5.00 contribution at the door. Any questions call Martha Colley at 238-3194.



Help the committee by making your reservation before January 10. It would help them if you could provide the name of those



attending, first year members, and what food you will bring. The following committee members are waiting to hear from you.

Grace House Mary Soursby

West Shore & Mechanicsburg West Shore & Mechanicsburg

766-4054 975-0925

Ben & Christine Slotznick Helen Condon

East Shore Carlisle

652-8629 243-7376

Jeff & Marilyn Grove

Hershey.

944-7227





HARRISBURG BICYCLE CLUB RIDE SCHEDULE

RIDE GUIDELINES

- 1. Arrive 10 to 15 minutes early and be ready to leave on time!
- 2. Make sure your bicycle is in proper working order before you arrive.
- 3. It's a good idea to carry a patch kit, spare tube. pump, and water bottle (water is a necessity in hot weather).
- 4. Ride carefully and obey traffic laws.
- 5. Wearing a helmet is not required, but is encouraged.
- 6. Leaders are not responsible for those who ride ahead of the group, or to put it another way -if you're ahead of the leader, you are on your own ride.
- 7. Ride leaders and participants are jointly responsible to see that the advertised pace is maintained.
- 8. Always notify the leader before leaving the group.



Rides

RIDE CLASSIFICATIONS

- Α Serious riders in top condition; 17 mph and faster.
- B + Bikers need to be conditioned to maintain a moderately fast (14-17 mph), non-stor pace for fairly long distances.
- Bikers above-average В in emphasis on exercise and fitness, 13-15 mph. Few stops.
- Extra mileage or faster pace make this C+ more difficult.
- Moderate paced (10-12 mph) ride with C recreational emphasis, about one stop per hour. Ten-speed bikes recommended.
- For new, inexperienced and/or sociable D bikers. Frequent stops, no major hills wher possible. Young children will have trouble keeping up unless ride is listed for whole family.

You do not have to be a member, although we hope you'll want to join.

In choosing a ride, consider your ability. If you take a ride you aren't ready for yet, you won't enioy it -- and you are being unfair to the other riders.

Although every attempt is made to make club rides as safe as possible, HBC assumes no liability for the safety of those participating in its rides. Riders taking part do so at their own risk and are responsible for their own safety.

January Ride Schedule

FRIDAY, JANUARY 1, 1988

B+ 12:00 pm

Carlisle High School

10-30 mi 15-16 mph

Leader: Gerry Cramer

249-6125

NEW YEAR FROLIC - Begin 1988 on your bike, weather permitting of course! This ride is scheduled for the 1st of Jan. only...

EVERY WEDNESDAY IN JANUARY

12:00 pm B+

Carlisle High School

10-40 mi 16+ mph

· Leader: Pam Spence

243-6224 249-5778

Ken Cramer

- If weather is questionable, give the leader a call otherwise, WINTER FREEZE

us for the fun.



TEAM HARRISBURG

-Central PA Racing-

IMPORTANT NOTICE TO ALL USCF RACERS

Team Harrisburg is looking for USCF licensed racers to ride as a sponsored racer for the 1988 racing season. There will be a limited number of positions availiable on teams for seniors, juniors, and women. Sponsorship may consist of, but not be limited to, Team clothing, equipment, and race entry fee reimbursement. Selection of riders for these teams will be made on the basis of experience and past performance. If anyone is interested in becoming a sponsored racer in 1988, please fill out an application and let us know. Applications will be available at our Team sponsor Holmes Bicycle Shop in Camp Hill.

NEW FOR 1988 -- TEAM RACE CALENDAR!!

In order to promote Team unity, Team Harrisburg will be designating two races per month as "Team Races". These "Team Races" will be listed in the events calendar and participation in these events will be strongly suggested. Senior sponsored riders will be reimbursed for their entry fee expenses at these races. Cycling is a team sport and in order to win races we need strong team support in the races we enter. This new policy is aimed at increasing Team Harrisburg participation at selected races to improve our chances of having a Team Harrisburg racer on the winner's podium.

How will the "Team Races" be selected? Obvious choices are the District Road and Time Trial Championships in June and any Team Harrisburg sponsored, USCF sanctioned event. The other races on this calendar are for you, the Team Harrisburg racer, to decide. Think about the races you participated in over the past year and the ones you enjoyed. Then come to our February 15, 1988 Team meeting to help us decide what races belong on this calendar. We need your input to make the 1988 racing season a success.

WANTED -- NEW TIME TRIAL COURSE

For the past several years Team Harrisburg has held a weekly time trial series on Industrial Road behind the H.A.C.C. campus. Over the years, traffic has increased on this road and it is desirable to find a new location for this series. The ideal time trial course would be a flat, well paved, lightly traveled stretch of road with no intersections for approximately 2.5 miles. There should be ample parking facilities nearby for fifty cars and the course should be centrally located in the Harrisburg metropolitan area. If anyone has any suggestions for a new course please contact Rick Handley at 564-2752.

TEAM HARRISBURG WINTER TRAINING RIDES ARE BACK!

What's better than a solo training ride on a cold, blustery January day? A training ride with your friends from Team Harrisburg on a cold, blustery January day! With the racing season only a few months away, now is the time to start building those base miles for a strong year in 1988. Training rides will be every Sunday (weather permitting) at Mechanicsburg High School at 1:00 PM beginning January The distance will be approximately 30 miles and the pace a leisurely 16-18 m.p.h. So come out and join us.

1987 AWARDS BANQUET

The following awards were presented at the Awards Banquet on November 14, 1987 at Casa Rillo's in Camp Hill.

Rider of the Year: Team Rider of the Year: Rookie of the Year: Most Improved Rider: Junior Rider of the Year: Female Stock Rider of the Year: Cindy Maurer Male Stock Rider of the Year:

Scott Miller Ed Kallatch Ken Siptroth Mark Fesler John Reich Jeff Lynn

-- WANTED --

Wanted: A motorscooter or moped for use as a motorpacing vehicle for Team Harrisburg racers. If you have such a vehicle for the Team to use or buy, please contact Dave Biser at 774-2466.

TEAM HARRISBURG MEETING

A meeting for all members of Team Harrisburg will be held February 15, 1988 at the Grace United Methodist Church, 3rd and Herman Streets in Lemoyne at 7:00 PM. The purpose of this meeting is to discuss plans for the 1988 racing season. Please attend.

CALENDAR

January 3 TH Winter Training Ride 1:00 PM. Mechanicsburg High School . January 10 TH Winter Training Ride 1:00 PM. Mechanicsburg High School. January 17 TH Winter Training Ride 1:00 PM. Mechanicsburg High School January 24 TH Winter Training Ride 1:00 PM. Mechanicsburg High School January 31 TH Winter Training Ride 1:00 PM. Mechanicsburg High School

Team Harrisburg Newsletter Editor: Rick Handley 564-2752

WHENEVER THE MOOD STRIKES RIDES

if the roads are clear and the temperature is over 40, contact one of for mides out of Mechanicsburg High School.

Grade House 766-4054

Fred Wilcox 1761-3636 Sheryl Albertini 691-7316 Al Myens

Midwinter GEAR Down in Florida

Sunny central Florida will be the location for L.A.W.'s 1988 GEAR Down, set for February 12-14, the first such rally held in Florida. The co-hosts, the Florida Council of the American Youth Hostels and the Mount Dora Bicycle Club, are planning a weekend full of activities, including rides through Florida's delightful Lake County.

GEAR Down '88 will be at the small town of Mount Dora, Fla., a picturesque lakeside community 25 miles northwest of Orlando. Mount Dora's finest resort, the Lakeside Inn, located in the heart of the quaint downtown shopping district, will provide lodging for rally-goers. Art galleries, clothing stores, gift and antique shops, and superb restaurants line the town's quiet streets, and flower boxes and street lamps add color and grace.

Not only is the Lakeside Inn a first-class resort hotel with a beautiful lakeside setting, Olympic-size swimming pool. and flowers blooming year-round; it is also on the national historic register. The inn opened in 1893 as a 10-room hotel and quickly became a favorite winter retreat for writers, university presidents, and politicians. Bird watchers from

around the world were drawn by the more than 200 species of common and exotic birds that inhabit the area during the winter months.

Many famous Florida attractions are less than an hour's drive from Mount Dora. Disney World and EPCOT Center are but 45 minutes away. Some of the outstanding beaches-Daytona, Cape Canaveral, and Cocoa-are within close reach. One unique and exciting place, the Crystal River Manatee Sanctuary, is nearby. Trips to snorkel with the manatees will be on the rally agenda. A local jungle boat cruise through the Dora Canal will provide a close-up look at the blackwater cypress swamps of the area, complete with rare flowers and alligators dozing on sunny

For a midwinter cycling vacation that cannot be surpassed, come to central Florida for L.A.W.'s GEAR Down ²88. For more information and application form, write or call: Florida AYH, P.O. Box 1108, Pallahassee, Fl 32302, (904) 878-2042. -BICYCLE USA News

ATTORNEY WILLIAM G. BAUGHMAN with

SEIDENSTICKER, KEITER, TARLOW & BAUGHMAN, P.C.

is pleased to announce the opening of an office at 630-C LOWTHER ROAD, LEWISBERRY, PA.

West of I-83 at Exit 15

General Civil Practice of Law, including personal injury. family law, zoning, subdivision, partnerships, corporations, real estate, wills and estate planning, and other matters.

Civil Trials, Administrative Hearings and Appeals.

Tuesday and Thursday Evenings from 7:00 P.M. to 9:00 P.M.

Other Hours by Appointment Call 938-6703

From the PRESIDENT

How can you find out about statewide biking events and issues? By joining the BICYCLE FEDERATION OF PENNSYLVANIA. This organization was instrumental in developing the state bicycle maps, performs a watchdog service on legislation that affects us, like the bottle bill, publishes an informative newsletter, and organizes the annual Blue/Gray Rally in Gettysburg.

This small but active organization need our support to help it help us. Vince Patterson of the Wetsern Pennsylvania Wheelmen has challenged his group to support Bike/Fed and ham asking you to do the same. In fact, I'm asking HBC to help Bike/Fed double its current membership of 268 and show our support to several of our members who are officers and leaders. A \$5.00 bargain will let your voice be heard while you keep informed. Let's start 1988 right with support for Bicycle Federation of Pa. Send your name, address and \$5.00 to Jim Kehew, 413 Appletree Road, Camp Hill, PA 17011 or call him at 761-3388.

From the EDITOR

Happy New Year! We're celebrating with some changes in the Spokesman. We hope you will like them and are always interested in your feedback. Let me review some of them with you.

First our staff is expanding. To be representative of club interests and cover the wide range of activities without burnout, we have been greatfully received help from our new Assistant Editor, Bill Bolza, Advertising Co-ordinator Laurie Feldman, Writers, Dave Biser, Dave Miller and Tracy Beinhaur; Distribution Assistant, Tom Helm. You will begin seeing the results of the staff creativity in this issue with a few new features like our Letters to the Trainer, Ride of the Month, and a new masthead.

Please let us know what you think of our efforts and give us your suggestions. We passed out a survey at the Team Harrisburg Banquet and will be doing so at the Awards Banquet. If anyone has not returned the survey, please mail it to me at 722 Bosier Ave., Lemoyne, PA 17043.

A special thanks to all contributors who have graciously complied with our deadlines and helped us maintain our production schedule. If you would like to contribute, have a complaint, or a suggestion, please call me or other staff member.

Linda Armold 763-8828



Wheelin 'n Dealin

FOR SALE: Race Bike: Guerciotti 57 cm, 12 spd, Suntour & Campy, heat-treated 3X clincher rims, Campy hubs. 22 lbs FERFECT \$850. Call Karl 761-2730 (w) 761-5509 (h).

FOR SALE: 2 Vista Esquires by Nida Both for \$100 or neg Call 717/737-4732.

FOR SALE: ROLLERS- Tack Speed Braker, nylon drums, 2 adj. turbos; used 2 hrs, Brand new, Paid \$150, sacrifice \$85. Karl 761-2730 (W), 761-5509 (h).

FOR USE: HEC bugger (bike trailer for 2 children) Call

George Strella 564-6220.

FOR SALE: Campi record SL pedals (black/road)w/Campi alum toe clips (lg) & Binda xtra straps-xlnt cond \$35. Campi record SL trakc pedal (blk) w/Cinelli alum toe clips \$40. 1 pr. new Duegi Mod 101, size 42 (men's 9 1/2) asking \$30. Call 697-6891 eve. before 8 pm

CFFICERS

President Fred Wilcox 761-3636 Vice-Pres. Sheryl Albertini 691-7316 Dale Gill 243-1041 Mike No!! 732-0768 Treasurer Joan Short 938-3494 Secretary Bill Wierman 774-2031 w Wendie Wierman 782-6071 w 737-9346 h

NUMBERS TO KNOW SPCKESMAN STAFF

Editor Linda Armold 763-8828 Asst. Editor Bill Bolza 657-8127 Advertising Laurie Feldman 691-7647 Distribution Bill Wierman 774-2031 Upcoming Rides Janet Noll 732-0768 Staff Beverly Volscko, Fran Mooge, Dave Biser, Dave Miller, Tracy Beinhaur, Tom Helm

ALL MATERIAL MUST BE RECIEVED BY THE

EDITOR BY THE FIRST WEDNESDAY OF THE MONTH

TO BE INCLUDED IN THE NEXT ISSUE.



(717) 599-5468

MARSHALL B. SACKS CERTIFIED PUBLIC ACCOUNTANT R.D. #4, Box 779 Harrisburg, Pennsylvania 17112

The Harrisburg Bicycle Club strongly urges the use of helmets and The Club cannot accept responsibility for accidents or injury while	RIDING INTERESTS:	☐ Group Rides
participating in any event. Riders are urged to consider their ability and experience when selecting a ride.	TIL VOLUNTEER FOR:	☐ Biathalon/Triathalon
	☐ Newsletter	☐ Safety
MEMBERSHIP NAME	Community Service	☐ Public Relations
ADDRESS	☐ Ride Leadership	Special Events (Fall Century,
	☐ Membership	Banquet, Fall Tour)
PHONE W H	☐ Complimentary Copy Of The Newsletter	e Newsletter
OCCUPATION:	\$7 For Renewal Before 10th Of The Renewal Month	\$7 For Renewal Before 10th Of The Renewal Month
MEMBERSHIP: NEW RENEWAL CHANGE OF ADDRESS	 Donation to Janet A. Pontius Bicycle Safety Foundation: \$2 \$5 \$10 \$20 Other 	s Bicycle Safety Foundation: Other
SEND CHECK OR MONEY ORDER TO	☐ Team Harrisburg - Licensed - \$15	1-\$15

APPLICATION FOR MEMBERSHIP TO THE HARRISBURG BICYCLE CLUB

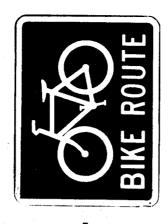
PHO OCCI

225 West Coover Street, #4 Mechanicsburg, PA 17055

For membership card, include self-addressed, stamped business size envelope with 39¢

HARRISBURG BICYCLE CLUB

Harrisburg, PA 17105 Permit No. 266 U.S. Postage BULK RATE



MONTH MEMBERSHIP RENEWAI *NUMBER ON ADDRESS SHOWS

RECEIVED BEFORE 10th OF THE MONTH IT IS DUE, YOU GET A DISCOUNT. SEE IS DUE. 1 = JAN. etc. IF CHECK IS INSIDE OF BACK COVER

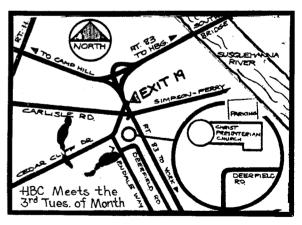
ATTENTION SINGLES!

mid-winter get together for singles is planned for Saturday, February 20 at 7 pm at Alpha Racquet Club in Mechanicsburg. Plan spend the evening playing racquetball, walleyball "rubbing elbows" (purely to stay warm) with HECers. Racquetball lessons are available for a small fee, if anyone is interested

On yes, on the more important subject of food and beverage, bring a snack oto share with others and bring your beverage.

In order to let Alpha know approximately how many will be there, please call Laurie (691-7647) or Sheryl Feldman Albertini (691-7316) if you plan on lattending. More info in February Spokesman

MONTHLY CLUB MEETING



Bicycle Sales and Service Jay Barnhart 3798 Walnut Street Harrisburg, Pa. 17109 717-652-7760

THE SPOKESMAN Harrisburg Bicycle Club 225 Goover St. #4

17055 4 Mechanicsburg,