



TEAM HARRISBURG

-Central PA Racing-

-- IMPORTANT TEAM MEETING --

Mark your calendar for an important Team Harrisburg meeting Monday, February 15, 1988. Why important? ... At this meeting we will layout the schedule of "TEAM RACES" for the 1988 racing season. What is a "TEAM RACE"? ... A "TEAM RACE" is a USCF sanctioned event that all USCF licensed racers will be encouraged to attend and sponsored racers will be reimbursed for their entry fees. There will be two of these races per month during the racing season. The team races will be listed in the events calendar in the newsletter every month. You, the Team Harrisburg racer, can help decide what races will be "TEAM RACES" in 1988.

The meeting will be held at the Grace United Methodist Church in Lemoyne on Monday, February 15, 1988 at 7:00 PM. To get to the church, take Interstate 83 to the Lemoyne exit. Turn right on Bridge Street and turn left on Herman Street. The church will be on the right hand side at 313 Herman Street.

SPONSORED RIDERS FOR 1988

Team Harrisburg is looking for riders to ride as sponsored racers for the 1988 racing season. If you are a USCF licensed racer and are interested in being a sponsored racer for Team Harrisburg, please pick up an application at Holmes Bicycle Shop and fill it out. Selection of sponsored riders will be based on experience and past results. We need to select these sponsored riders well before the racing season starts; so complete your application today!

WINTER TRAINING RIDES

Team Harrisburg winter training rides will be held every Sunday (weather permitting) at Mechanicsburg High School beginning at 1:00 PM. Distance will be approximately 30 miles and the pace moderate so come out and join us.

SOME NOTES ON TRAINING

Winter Training is rather simple really. Your goal is simply to log some training miles and gradually increase your pace and distance so you will be ready for more serious training when spring rolls around. Winter is the ideal time to work on the technical aspects of cycling. Try to improve on your pedaling style by riding low gears at a high cadence. Concentrate on being smooth and try to eliminate bouncing in the saddle by pulling back at the bottom of the pedal stroke instead of pushing down. A little extra attention now will help develop good habits that will benefit you greatly in the coming season.

HBC'S NEW ADDITION

It's a boy! George
Weight: 15 lbs.
Height: 24 inches

Green eyes; sleeps thru the night and doesn't need to be potty trained.

Actually he is the club's new computer. His main job will be to keep our 800+ mailing list in order and streamline the work so Sheryl Albertini will be able to ride her bike and carry on her other activities in the club.

During the past few years the mailing list has been maintained by Bob Hess. That process involved many hours of work on a regular basis. **Thank you, Bob!**

Now the list will be maintained directly by the Membership Director. George will make her job easier and will keep our list up-to-date.

Programming wizzard, Bill Bolza, and computer devotee, Owen Moore, have assisted Sheryl with getting the list into George's memory. If there is any confusion or errors on your mailing label, please notify Sheryl and she'll be glad to make the necessary changes.

To make sure our information is complete, please fill out the new membership application when you are renewing.

REMEMBER: The post office does not forward the newsletter. Please provide us with a change of address.



UPCOMING EVENTS

For more information, call number listed or 975-9879. For "outside-of-the-club" bike events, call Jeff Lefevre, 697-2604, for info, registration forms, details on others planning to go.

- Feb 12-14 Gear Down '88, AYH, P.O. Box 1108, Tallahassee, FL 32302
- Mar 5-10 22nd Wheelmen's Winter Rendezvous, Dr. Paul Dudley White BC, P.O. Box 1155, Homestead, FL 33030
- Mar 26 Ice Cycle Tour, Newark DE, White Clay BC, 2610 Phila. Pike D#10, Claymont, DE 19703
- Apr 17 Taxing Metric Century, Brandywine BC, Stu Baird, 927 Parkview Dr., F301, King of Prussia, PA 29406
- May 1 Freedom "Mega" Tour, DE Valley BC, Box 497, Media, PA 19063
- Jun 3-5 Gear Up '88, Millersville Univ., LAW, 6707 Whitestone Rd., Baltimore, MD 21207
- Jun 5 Freedom Valley Bike-a-thon, Phila. to Valley Forge, DE Valley Council AYH, 35 S. 3rd St., Phila, PA 19106
- Jun 24-26 Blue & Gray Rally '88, Gettysburg, College, Bicycling Fed. of PA, 413, Appletree Rd., Camp Hill, PA 17011
- Aug 4-7 Eastern Tandem Rally '88, Univ. of New Hampshire, Send SASE to Tandem Club of Am., Rt. 19, Box 248, Birmingham, AL 35244
- Aug 13-14 Harpers Ferry Happening (MS Bike Tour), Mechanicsburg to WV, Marge Ciervo, 691-0983 (day), 766-6163 (eve.)

RIDE OF THE MONTH

Reported by Dave Miller

CINDY'S CHOICE 2/88

Distance Instructions

0.0 Commonwealth Nat. Bank
Rt. 22 office

0.0 R on S. Mountain Rd

0.2 L on Jonestown Rd

0.8 R on Lopax Rd

1.3 Straight on Lopax

1.6 L on Devonshire Hts. Rd

3.0 thru

3.8 R on Oak Grove Rd

4.0 L on Devonshire Hts. Rd

5.7 Cross Hershey Rd

5.7 quick L on Douglas Rd

7.5 R on Carlson Rd

7.5 L on Mill Rd

8.1 R on Allentown Rd

9.0 bear R on Allentown Blvd

9.5 Cross Sand Beach Rd

10.2 R on Pheasant Rd

10.4 L on S. Meadow Rd

11.5 L on Laudermilch Rd

11.7 R. on Colt Dr.

12.0 L on County Line Rd

12.8 Cross Allentown Blvd

13.1 Cross Jonestown Rd

14.1 L on Fox Run Rd

14.8 L on Bow Creek Rd

15.1 R on Ridge Rd

16.9 thru & uphill

18.1 cross bridge bear L on
Cliff Rd

18.2 L on Moyer Rd

19.5 straight on Moyer

20.6 S on Piketown

21.8 R on Linglestown Rd

21.9 L on Piketown Rd

23.3 R on Blue Ridge Ave

24.4 L on Wenrich St.

24.8 R on Chelton Ave.

25.0 L on Blueribbon Ave.

25.3 Cross Allentown Blvd
Careful lots of traffic

25.6 R on Jonestown Rd

26.1 R on S. Mountain Rd

26.3 L into CNB lot

Occasionally we "Eastshorites" find ourselves without a planned ride. Someone usually suggests we do "Cindy's ride". That's Cindy Mauer and the ride is one of the best in the area. It goes from CNB on Rt. 22, proceeds east to Penn National Race Track and returns thru Linglestown.

The entire ride is on lightly traveled country roads thru rolling country with no major climbs. A wonderful downhill begins approximately 6.5 miles out. This section ends along a pretty creek, a good place to stop for a snack. The distance can be increased by going thru Penn National and turning right on Rt. 743, which will eventually lead you to Memorial Lake State Park. This makes an especially nice spring training ride and can be accomplished in a summer evening. I even enjoy it in the middle of winter.

BIKE CLINIC

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

BIKE SERVICE CLINIC Registration

I will be at the sessions checked below:

___ 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) _____

Mail to HBC, 411 N. 4th St., Lemoyne, PA 17043

SPOKESMAN



WHAT'S HAPPENING IN '88

The new officers are ready. The Spokesman staff is ready. All we need is YOU and your good ideas!

WHEN: Tuesday, February 17, 7:30 pm

WHERE: Christ Presbyterian Church
Allendale, Camp Hill

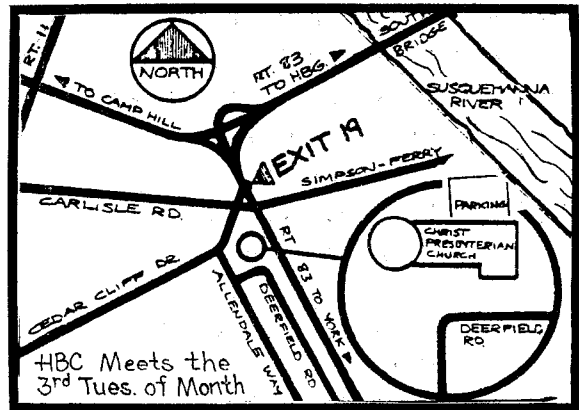
We had a good year last year and we have been hearing a lot of good suggestions. We need to plan to make them happen. This will be a good opportunity to discuss the new ride classification system for 1988. Hopefully we'll be able to solve some of the problems we've encountered in the past.

Your input is important! We need riders, co-ordinators, leaders, and reporters. Things don't happen by just announcing them in the Spokesman. They happen because people work

together to make them happen. Don't stay home and assume someone else will take part in the planning. Come and be part of the fun of planning for a great '88.

There will be lots of coffee, tea, cocoa, and munchies. As Jack Lord of Hawaii Five-O said, "Aloha - Be there!"

MONTHLY CLUB MEETING



Quality Outdoor
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George Holmes

Allen Holmes

TRAINING TIP

Get in the habit of taking your pulse in the morning before getting out of bed. If your pulse is higher than normal, you have been training too hard and should take it easy. If your pulse is lower than normal, you can safely increase your training intensity. An extra minute in the morning can help you avoid overtraining. Listen to your body!

— CLASSIFIED —

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.

FOR SALE: 53 cm. Raleigh Team Issue racing frame. Reynolds 753 C Tubing, Campagnolo Super Record headset, Campagnolo drilled dropouts, Cinelli investment cast bottom bracket, color Team Red. Never used, flawless condition, asking \$650 or best offer. If interested contact Randy Heisley at 737-5957.

— CALENDAR —

- February 7TH Winter Training Ride
Mechanicsburg High School
1:00 PM.
- February 14TH Winter Training Ride
Mechanicsburg High School
1:00 PM.
- February 15Team Harrisburg Meeting
Grace United Methodist Church
313 Herman Street, Lemoyne
7:00 PM.
Topic: TEAM RACES for 1988
- February 21TH Winter Training Ride
Mechanicsburg High School
1:00 PM.
- February 28TH Winter Training Ride
Mechanicsburg High School
1:00 PM.

Team Harrisburg Newsletter Editor:
Rick Handley 564-2752

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SEASON AHEAD



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Chestnut Streets
Camp Hill
737-3461

sponser of
TEAM HBG.

CALLING ALL SINGLES

(717) 599-5468

WHEN: Saturday, February 20, 7:00 pm

WHERE: Alpha Racquet Club

An evening of tantalizing conversation, racquetball, and walleyball is planned. How about a racquetball tournament? If you're a beginner or would like some pointers, racquetball lessons are available for a small fee.

Plan to bring a snack to share and your own beverage.

We need a guesstimate of people attending. Call Laurie Feldman (691-7647) or Sheryl Albertini (691-7316) and let them know if you can fit this first singles event of the year into your busy social schedule.

MARSHALL B. SACKS
CERTIFIED PUBLIC ACCOUNTANT
R.D. #4, Box 779
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Ladies Only ★★★★★★★★★★

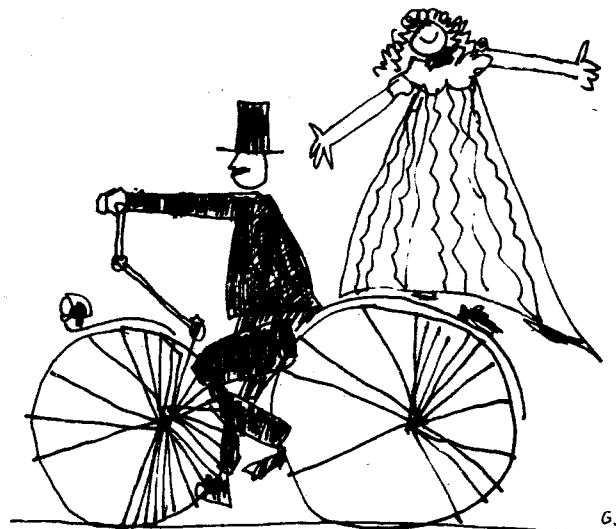
Women's Cycling Network is a networking organization that provides its members with a membership/home hospitality directory and a quarterly newsletter. The group promotes accurate media coverage of female cyclists' achievements and concerns. Communicating with the cycling industry about women's need is also on the WCN agenda. Membership rates are: individual \$10; household \$25; business \$40. Mailing address is WCN, P. O. Box 73, Harvard, IL 60033.

COMING SOON

HBC's Spring Fling

The Spring Fling returns to April in '88. To be exact, April 22, 23 and 24. As in the past, it will be in a different location. In fact, it will be in a different state. Led by Bill Pickering, we will be springing down the flat roads of Eastern Shore Maryland.

Rides of varying lengths on Saturday, April 23, will be sandwiched between the rides down and back (Friday and Sunday). Plan NOW to come for all three days. Details in next month's Spokesman.



—BIKECENTENNIAL



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President

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 Wendie Wierman 782-6071 w
 737-9346 h

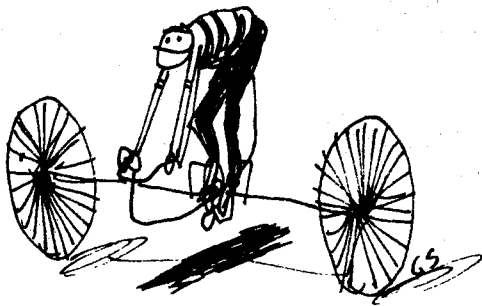
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 Tom Helm

ALL MATERIAL MUST BE RECEIVED BY THE

EDITOR BY THE FIRST WEDNESDAY OF THE MONTH

TO BE INCLUDED IN THE NEXT ISSUE.



—BIKECENTENNIAL

Bicycle Center

TED WITFIELD
Owner

1000 West Chester Pike, P.O. Box 1111
 Mechanicsburg, PA 17055
 717-765-1111

APPLICATION FOR MEMBERSHIP TO THE HARRISBURG BICYCLE CLUB

The Harrisburg Bicycle Club strongly urges the use of helmets and The Club cannot accept responsibility for accidents or injury while participating in any event. Riders are urged to consider their ability and experience when selecting a ride.

MEMBERSHIP NAME _____
 ADDRESS _____

PHONE W _____ H _____

OCCUPATION: _____

MEMBERSHIP: NEW RENEWAL CHANGE OF ADDRESS

SEND CHECK OR MONEY ORDER TO:

HARRISBURG BICYCLE CLUB
 225 West Coover Street, #4
 Mechanicsburg, PA 17055

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

RIDING INTERESTS:

- Touring Group Rides
 Racing Biathlon/Triathlon

FULL VOLUNTEER FOR:

- Newsletter Safety
 Community Service Public Relations
 Ride Leadership Special Events (Fall Century, Banquet, Fall Tour)
 Membership

Complimentary Copy Of The Newsletter:

- \$8 For New Members Or Renewals After 10th Of The Month
 \$7 For Renewal Before 10th Of The Renewal Month
 Donation to Janet A. Pontius Bicycle Safety Foundation:
 \$2 \$5 \$10 \$20 Other

Team Harrisburg - Licensed - \$15
 Stock (Unlicensed) \$10

- Contribution To Team Harrisburg
 \$2 \$5 \$10 \$20 Other
 \$3.25 Harrisburg Bicycle Club Patch
 Total Amount Enclosed _____

THE SPOKESMAN

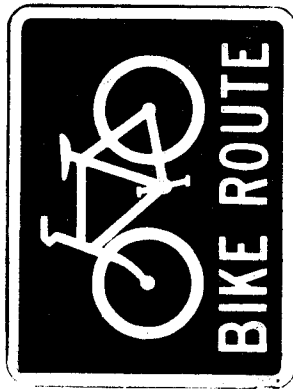
Harrisburg Bicycle Club

225 Coover St. #4

Mechanicsburg, PA 17055

BULK RATE
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Paid

Harrisburg, PA 17105
Permit No. 266



*NUMBER ON ADDRESS SHOWS
MONTH MEMBERSHIP RENEWAL
IS DUE. 1 = JAN. etc. IF CHECK IS
RECEIVED BEFORE 10th OF THE MONTH
IT IS DUE, YOU GET A DISCOUNT. SEE
INSIDE OF BACK COVER.

Mountain

Bikes

Mountain bikes are becoming more popular according to several local bike shop owners. We would like to include information for mountain bikers, too. Any riders with that particular experience or interest, please get in touch with the editor, Linda Arnold at 763-8828.

How about a 10 mile downhill? Blazing Pedals at P. O. 5929, Snowmass Village, Colorado has a mountain bike downhill package from the crest of the Continental Divide. They transport you to an elevation of 12,000 feet and you "ride" down a gently graded highway that is restricted to nonmotorized vehicles. Now that's a downhill!



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