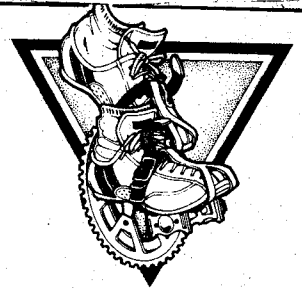


# SPOKESMAN



## HALLOWEEN

### HALLOWEEN HAPPENING BICYCLE JOURNEY

Those planning the annual bicycle trip to the Halloween Happening this year (and I don't know anyone who wouldn't really want to miss this trip) should assemble at City Island for a 8:00 am departure or at Camp Hill Shopping Center for a 8:30 am departure.

This is earlier than previous years. We want to be certain that we enjoy a pleasant bicycle ride and still arrive in time for Jim Oxley's hike to Big Flat. The ride will be a "C" pace 10-12 mph and should be approximately 35 miles in length. A late morning breakfast or lunch stop (whatever your choice) will be made in Mt Holly Springs. From Mt Holly we'll ride through the Michaux State Forest to Pine Grove Furnace State Park where we will pass Laurel and Fuller Lakes. Once we arrive at the Youth Hostel you'll be free to go on the hike, pitch tents or just sit around and "do your thing".

The air should be clear and crisp; the fall colors should be beautiful and the fellowship will be second to none. Gerry Greiner will gladly carry any gear you cannot get on your bicycle. The return trip to the Harrisburg area will begin at 12 noon on Sunday.

If my memory is good, this is the 6th annual Halloween Happening. Why not make it an annual event for you and your family? See you at 8:00 am. Any questions please feel free to call Fred Wilcox at 761-3636.

WELCOME TO THE YOUNGEST MEMBER OF THE CLUB: JOEL ANDREW WIERMAN

He joined us on August 19 weighing in at a robust 6.1 pounds, 19 inches. Proud, new, Dad Bill survived the delivery well and Wendy, the new Mom, is looking forward to Joel's first night of continuous sleep. Congratulations to the newly expanded Wierman family. Enjoy using that bugger!

---

The Harrisburg Bicycle Club lost one of its long-time members with the death of Peggy Barnes on July 13. Peg had been an active member for a long time and for several years held one of the toughest jobs in the club, Ride Coordinator. Whereas there is now a coordinator for each class of ride, Peg handled them all herself. She carried her calendar and ride schedule to meetings and wasn't hesitant about asking people to lead rides. She always came up with a full schedule and on time for the newsletter.

She hadn't ridden much before joining the club and, like so many of us started with a heavy bike. As the bikes improved, so did her ability until she was one of the strongest riders in the club, riding several thousand miles each year. As a beginner, she knew little or nothing about mechanical matters such as fixing flats, in later years, I have seen her rip tire and tube off a wheel, patch it and have it ready to go in a matter of minutes. It was remarkable to see such changes in a person! Peg was a real credit to the club and we will miss her.

Jim Kehew

14th ANNUAL APPLE BUTTER BOIL  
OCTOBER 6TH

Well, it may be the 14th but it's my 6th and if this year's weather is anything like the past 5 years, it will be fantastic. Last year we left Harrisburg under the threat of rain but by the time we got to Liverpool the sun was shining. (the Apple Butter Boil is a church event so what else would you expect of the weather?) With an early autumn expected, the colors should be beautiful so come on out and enjoy the scenery, rides, friendship and GOOD FOOD. There will be lots of fellow "biking buddies" and 3 rides to choose from.

Applebutter and cider require quick action upon arrival. They both sellout early so the early biker gets the goods. For applebutter, bring your own jar (they may have a few for sale) to the designated building and get a numbered ticket. This will reserve your jar full as it is dished from the steaming kettles. Cider is sold in gallon jugs at a separate

pavilion. You can also buy whole, home made pies and loaves of fresh bread.

Once you've taken care of the important food reservations, the ride of your choice is available. Terrain is rolling farmland and forests; routes have no major mountain climbs although if you have your heart set on one they are available on request. All rides begin and end at Barner's Church Grove, St. John's Parish, Liverpool PA. The 3 rides scheduled are: 13 mile "D", 26 mile "C" and a 52 mile "B". For questions about the rides contact Fred Wilcox at 761-3636.

After the ride plan to stay and try your hand at stirring the applebutter as it simmers in the kettles, fill up on hot applebutter sundaes or just enjoy the company and beautiful Perry County scenery. The dinner is served from 12 noon until ?

**DIRECTIONS:** From Harrisburg meet at City Island at 8:30 am. Leave at 8:45 to drive to barner's church Grove, St. John's Parish Liverpool Pa. Driving to the church take Routes 11/15 north 30 miles to Liverpool. Turn left on Route 17 for 1.3 miles then right on 235 for 0.6 mile, right again onto paved side road (follow "Apple Butter" signs), and right at fork in road 0.2 to the church.



R. W. FARVER  
President

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**Spokesman Help September Issue**

The following club members folded and sorted the September issue of the "Spokesman". John Donoughe, Tracy Rainelli, Kim Smith, Bonnie Kulzer, Tom Helm, Mary Sorsby, Samantha, Patty, & Mack Juliana, Paige, Lisa, & Gary Durborow, Peter, Patty, & Bill Baughman, Fran & Owen Moore. A good time was had by all.

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ELECTIONS 1988  
October 18th

As of this date, September 2, 1988, there has been no change in the slate of candidates running for office for the 1989 calendar year. A nominating committee is still at work selecting candidates. The biggest need at this time are candidates or a candidate for the office of President. If you want to add some input to the process contact Grace House at 766-4054. A final list of candidates will be announced at the October meeting which is on the 18th. If there is not a candidate for President the search will continue and a special acceptance election will be held in the not-too-distant future (hopefully). This is an important function of the bicycle club so please come to the meeting and be a part of the democratic process. Candidates at this time remain:

- President OWEN MOORE
- Treasurer Joan Short
- Secretary Art Miller
- Vice Presidents Sheryl Albertini  
Dale Gill  
Grace House

Did you know that as of the first of September, 718 total riders have participated in the Sunday Morning Sociable during 1988. That's 32.6 riders per Sunday morning for you "Counts". If you haven't joined this merry crew yet you're missing some good times and some good people. Better come soon before the Alve is sold. Times are a changing.

### The Last Saturday "C" Ride of August 1988

M'BURG, PA. (Special to the Spokesman). On August 29th, 1988 a bicycle ride under the endorsement of the Harrisburg Bicycle Club departed from Mechanicsburg High School on a 25 mile tour of the beautiful flat and slightly rolling territory south and west of the city. The route was classified SECRET until the tour was commenced at 1300 (1 P.M.) and maps were distributed. The tour included an invasion of Boiling Springs where the troops replenished provisions. The operation secured at 1530 and troops were dismissed at a near-by ice-cream parlor. Participants included Charles Palenz (leader), Jeff McPartland, Lois Lamarca, Lea Goetze, Dieler Neitz, Ron Stabach, Judy Stabach, Wanda Knuth and John Hayden.

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**Fuji.**

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**Kuwangra**

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# COLE'S BICYCLES

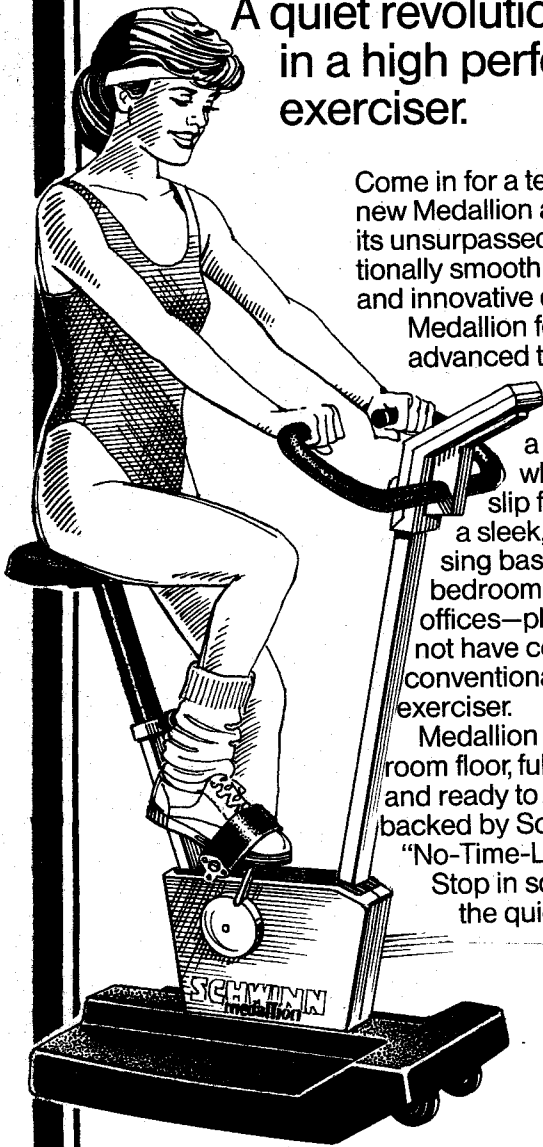
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Sat 9-5                    Closed Wed and Sun

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### ATTENTION COLD WEATHER BICYCLIST

Anyone interested in leading D or C paced rides during November, December, January, or February on the West Shore should contact Dale Glacken at 938-8266. Rides for November must be in by September 25, so plan ahead. Success with winter rides will depend on YOU!

### HELMET DRIVE REPORT

The 8th Annual Helmet Drive is history. Thanks to everyone, dealers and concerned cyclist alike. Our helmet drive was a success again. Special thanks to the dealers who took "the ball and scored".

Dealer	Helmets
Bushey's	8
Cole's	47
Holmes	53
John's Schwinn	10
Pedal Pushers	38
Ski-ko	23
Wildware	9
Wire Wheel	5
<b>Total</b>	<b>193</b>

Until next year -  
Safe & Happy Cycling  
Jim Long

### WHEELIN' N DEALIN'

WANTED: Adult tricycle  
Contact: Jane Williams, 351 Chestnut St., Hbg, PA 17101 234-3473

FOR SALE: 2 Matrix ISO rims with specialized hubs & panaracer 240 gram tires and freewheel. \$200.  
Call: Scot Leisenring 697-6357 (e)

FOR SALE: Used Trek 870 85' 18 3/4" Green, 6 spd. SIS(Shmino) RM-20 rims. Will recon. for buyer. Call: Brian Reich 761-4975

FOR SALE: 19" (501) Trek frame. \$100. Call Vicki Baker 776-5803



Greetings from sunny Columbus, Ohio, Ride/Smart's (and my) new home:

I'm in the employ of the Center of Science and Industry (COSI), a hands-on science and technology museum in downtown Columbus. Due to the workload, very little time transpired between my notification (June 27) and my arrival here (July 5). COSI has put me up in a hotel for a month until I find a permanent address, for which they deserve many thanks.

Starting a new job and looking for a place to live has left me little time for bicycling so as I cruise to & fro to work or looking for apartments, I observe other bikers. A cycling voyeur, if you will.

I notice people bicycling on wide, flat, black macadam streets in heat as fierce as can be. Some stay fresh, alert and ready for anything. Others begin to resemble, with continued exposure, certain dishes you were once served in your high school cafeteria. Next step: dehydration & heat stroke.

Sure the folks that stay fresh "drank before they got thirsty". Everybody knows that! Some of them truly LOVE water, especially cooked in a bike bottle all day on a long hot ride. The rest of us can be inventive. Put something in that bottle you'll actually like to drink. It's psychological chess with yourself. How many time have you felt the effects of heat stroke: nausea, light-headedness, & impaired judgement - and still had some water left in that bottle? When you begin to feel the symptoms, it's too late. Time to hang up the ride for awhile and regroup.

Or plan ahead. Before every hot ride, eat one banana. It contains potassium, which will keep the (non-alcoholic) fluids in your cells longer. (You scotch drinkers thought you'd tricked me. HA!) Diluting helps speed nutrients to your body, and the potassium helps keep it there.



Experiment. Freeze a filled bottle and insulate it somehow on your bike. Make up concoctions and see how they work on rides. Make it fun! Your reward is priceless- a sharp mind on the saddle.

A suggested recipe:

1/4 - 1/2 bottle of cranberry juice; top up with water; squeeze in juice of 1/2 lemon or 1/2 lime; add 6 lemon seeds.

A reminder, this bottle full is for in you not on you. You'd look pretty ridiculous wearing the contents!

Dave Neagley  
Foreign Correspondent  
Past Safety Editor

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*Gina  
Paper*

ALL MATERIAL MUST BE RECEIVED BY THE EDITOR BY FIRST WEDNESDAY OF THE MONTH TO BE INCLUDED IN THE NEXT ISSUE !

## SPOKESMAN STAFF

Editor	Linda Gerkensmeyer	763-8826
Asst. Editor	Bill Bolza	657-8127
Advertising	Laurie Feldman	691-7647
Upcoming Rides	Janet Noll	732-0768
Distribution	Bill Wierman	774-2031
Staff	Cheryl Capitani, Jeff Grove, Tom Helm, Dave Miller, Mike Noll, Tracy Rainelli, Beverly Volscko,	

## OFFICERS

President	Fred Wilcox	761-3636
Vice-Pres.	Sheryl Albertini	691-7316
	Dale Gill	243-1041
	Mike Noll	732-0768
Treasurer	Joan Short	938-3494
Secretary	Bill Wierman (w)	774-2031
	Wendie Wierman (w)	782-6071
		(h)737-9346

## RIDE CO-ORDINATORS

Carlisle A/B	Pam Spence	243-6224
	C/D Dale Gill	243-1041
Chambersburg	Mike Witter	263-5631
East Shore A/B	VOLUNTEER NEEDED	
	C/D Bill Pickering	232-1326
Family rides	VOLUNTEER NEEDED	
Hershey	Julia Waldron	533-4402
	Chris Waldron	533-4402
Singles rides	Bill Winebrenner	599-5092
West Shore A/B	Grace House	766-4054
	C/D Dale Glacken	938-8266

HBC ride schedules: Janet Noll  
617 Erford Road  
Camp Hill, PA 17011

Spokesman material except ride schedules:  
Linda Gerkensmeyer  
722 Bosler Ave  
Lemoyne, PA 17043

## 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

### RIDING INTERESTS:

- Touring  
 Racing

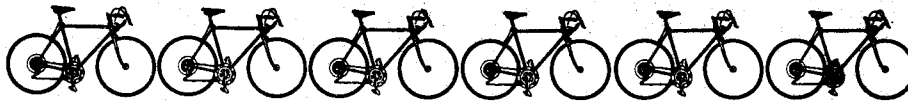
### I'LL VOLUNTEER FOR:

- Newsletter  
 Community Service  
 Ride Leadership  
 Membership  
 Group Rides  
 Biathlon/Triathlon  
 Safety  
 Public Relations  
 Special Events (Fall Century, Banquet, Fall Tour)

- 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 \_\_\_\_\_

For membership card, include self-addressed, stamped business size envelope with 45¢

# Attention Riders



## RIDE CLASSIFICATION

**GROUP RIDES** - The rider and the ride leader are responsible for keeping the group together. Average speeds indicated will vary depending on the terrain, weather, and time of year, but should fall within averages stated. Stops taken when needed for rest or to keep the group together.

**SOCIAL (D)** - for the cyclist who enjoys an easy, social pace. A few easy hills are possible. 10 speed bikes not necessary for these rides. Speed will average 8 - 10 mph. Distances generally 8-12 miles.

**CASUAL (C)** - for the cyclist who would like to socialize but wants the challenge of a longer distance and a little more challenging terrain. Average speed 10-12 mph. Slow easy pace on hills. Distances planned are generally 20-25 miles. A stop will be made at least every 10 miles, more if necessary.

**TOUR PACE (C+)** - A good training ride for touring. Rides will generally be longer and contain more hills than the casual ride. Pace will slow down going up hills. Average speed 11-13 mph. Distance is generally 25-45 miles. A stop will be made at least every hour, more if necessary.

**FAST GROUP (B)** - A faster pace for experienced riders in good physical condition. Steeper hills are a possibility. Pace will slow down a bit uphill but riders are expected to stay with the group. Average speed 14-17 mph. Distances generally 25-35 miles. Stops when necessary.

**TRAINING RIDES** - The riders and the ride leader are responsible for keeping the group together. Average speeds will vary depending on terrain, weather, distance and the time of year, but should fall within averages stated. Riders on training rides should be in good physical condition and capable of maintaining a steady pace. Bicycles should be well maintained. Expect few stops if any.

**B+** - A bit faster than the fast group and could cover a longer distance. If numerous hills are included the pace will generally be 14-17 mph. If terrain is flatter, speed will generally average 17-19 mph. Pace will slow down a bit up hill but riders are expected to stay with the group. Riders should be expected to maintain a fast pace for distances up to 50 miles. Stops only when necessary.

**A** - For riders in top physical condition and seriously interested in competitive bicycling. Speed will average 20+ mph. Few hills are anticipated but riders are expected to maintain pace up hill. Emphasis is on conditioning. Stops only when necessary.



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.

October Ride Schedule

Weekdays - The following rides will go every Weekday, unless otherwise noted.

TUESDAY

A/B 25-35 mi 25-30 mph 5:30 pm Henninger Field Leader: Judy Thompson  
ALL JAM - Chambersburg Ride... 263-3549

C 20-25 mi 10-12 mph 6:00 pm Carlisle MJ Mall Leader: Dale Gill  
EVERY TUESDAY C!!!! Dale Bluman 249-1141

THURSDAY --- OCT. 6 + 13 ONLY!!

A/B+ 20-25 mi 17-20 mph 5:30 pm Carlisle MJ Mall Leader: Pam Spence  
 243-6224

WEEKENDS....

SATURDAY October 1, 1988

B+ 25-35 mi 17-19 mph 7:00 am Cycles Velo Shop Leader: Dan Kesler  
EARLY AM TRAINER - Chambersburg Ride... 264-6039

B+ 35+ mi ??-?? mph 12:00 am Carlisle MJ Mall Leader: Pam Spence  
 243-6224

B 35-40 mi 15 mph 1:00 pm Mechanicsburg HS Leader: Joan Short  
BUZZIN' WITH THE B'S - Joan's rides are always on the challenging side and fun. For more info call Joan at 938-3494.

C 20-25 mi 10-12 mph 1:00 pm Mechanicsburg HS Leader: Sheryl Albertini  
SPINNERS 'N' GRINNERS 691-7316

C 25-30 mi 11-13 mph 1:00 pm CNB Route 22 Leader: Louise Quaid  
 652-4410

SUNDAY October 2, 1988

D 10 mi 9 mph 7:15 am City Island Leader: Owen Moore  
SUNDAY SOCIABLE - Well all you CB radio fans this is your Sunday. Come on out and show us how it's done, even on the "flipside". That's a 10-4 Good-buddy! 10-2 is close. For more info call Owen at 761-4822

-- 5 mi ?? 9:00 am Shippensburg MT. To Big Flat  
SMVC HILL RACE - Rain or Shine Info: Call Dan Daly 532-7727

B+ 35+ mi ??-?? mph 10:00 am Carlisle MJ Mall Leader: Pam Spence  
 For more info call Pam at 243-6224 Al Padilla  
 Dan Heatherly

C 20-25 mi 10-12 mph 1:30 pm Mechanicsburg HS Leader: Judy Mark  
SPINNERS 'N' GRINNERS

B 30-35 mi 13-15 mph 1:30 pm Mechanicsburg HS Leader: Dennis Major  
BUZZIN' WITH THE B'S - Spend a pretty fall day FALL-owing Dennis. 766-6598

SATURDAY October 8, 1988

25-35 mi 17-19 mph 7:00 am Cycles Velo Shop Leader: Dan Kesler  
EARLY AM TRAINER - Chambersburg Ride... 264-6039



C 20-25 mi 10-12 mph 1:00 pm Mechanicsburg HS Leader: Keith Douglas  
SPINNING AND GRINNING 582-2951

-----  
SUNDAY October 9, 1988

D 10 mi 9 mph 7:15 am City Island Leader: Owen Moore  
SUNDAY SOCIABLE - Let's hear it from all those bikers who attended the Apple Butter Boiling. Come on out and tell us how good it was and that it doesn't get much better than the experience you had up in Perry County.

-----  
B/B+ 20-30mi 14-19 mph 8:00 am Faust Jr. HS Leader: Mike Witter  
263-5631

-----  
B+ 35+ mi ??-?? mph 10:00 am Carlisle MJ Mall Leader: Pam Spence For  
more information call Pam at 243-6224 Al Padilla  
Dan Heatherly

-----  
B 35-45 mi 14-16mph 1:00 pm Mechanicsburg HS Leader: John Lampi  
BUZZIN' WITH THE B'S - Note: This ride is earlier than most Sunday rides. Hope John hasn't eaten too much Apple Butter yesterday, so he'll be able to lead his usual delightful ride. More info call John at 697-6676.

-----  
C 20-25 mi 10-12 mph 1:30 pm Mechanicsburg HS Leader: Laurie Feldman  
SPINNERS 'N' GRINNERS

-----  
C 15-20 mi ?? mph 2:00 pm Mechanicsburg HS Leader: Wanda Knuth  
SINGLES SOCIABLE - This ride will be a historic tour of Mechanicsburg that will stop at the G-Man afterward. Wanda can be reached at 834-9233

-----  
SATURDAY October 15, 1988

+ 25-35 mi 17-19 mph 7:00 am Cycles Velo Shop Leader: Dan Kesler  
EARLY AM TRAINER - Chambersburg Ride... 264-6039

-----  
B+ 35+ mi ??-?? mph 12:00 pm Carlisle MJ Mall Leader: Gerry Cramer  
249-6125

-----  
B 40 mi 13-15 mph 9:00 am Cedar Cliff HS Leader: Bill Maxwell  
BUZZIN' WITH THE B'S - Bill plans to lead us on some seldom traveled roadways to Pinchot Park. Pack a lunch for today's ride. Info:761-7547

-----  
C 20-25 mi 10-12 mph 1:00 pm Mechanicsburg HS Leader: Wayne Stoltzfus  
SPINNERS 'N' GRINNERS 697-0433

-----  
C 30-35 mi 11-13 mph 1:00 pm CNB Route 22 Leader: Bill Pickering  
232-1326

-----  
SUNDAY October 16, 1988

D 10 mi 9 mph 7:15 am City Island Leader: Owen Moore  
SUNDAY SOCIABLE - Ahhh! Good friends, Good times, and Good food. What more could you ask for except to make it last longer. Well there's still time to get another sociable in. Need more info call Owen at 761-4822

-----  
B/B+ 20-30 mi 14-19 mph 8:00 am Faust Jr. HS Leader: Mike Witter  
BIKE AND BREAKFAST 263-5631

-----  
B+ 35+ ??-?? mph 10:00 am Carlisle MJ Mall Leader: Pam Spence For  
more info call Pam at 243-6224 Al Padilla  
Dan Heatherly

-----  
B 35 mi 15-17 mph 1:30 pm Mechanicsburg HS Leader: Dan Miles  
BUZZIN' WITH THE B'S - Dan (763-1006) is a new leader this year, and offers a challenging ride for those who enjoy picking up the pace.

# UPCOMING EVENTS

For more information, call number listed or 975-9879. For "outside-of-the-club" bike events.

\*\*\*\*\*

## HALLOWEEN HAPPENING

\*\*\*\*\*

Place: Ironmaster's Mansion Youth Hostel

Date: October 22-23 1988

Schedule:

Saturday: 30-35 Mi ride

8:00 am Leave City Island or

8:30 am Camp Hill Shopping Ctr

1:30 10 mi. hard fast  
hike to Big Flat

2:00 5 Mi Hike at Hostel or

Canoeing for beginners,  
meet at Laurel Lake

6:00 Buffet at Youth Hostel

7:30 Social: pumpkin carving,  
square dancing,  
refreshments

Sunday: 8:00 Breakfast at Hostel

9:30 to 11:00 hike

12:00 Return bike trip

Group camping available at Pine Grove Furnace State Park.

Call Jerry Greiner 766-5474

R.S.V.P. by Oct 10

\_\_\_ Entire weekend \$22 (includes  
buffet, social, breakfast)

\_\_\_ Entire weekend/Camping (includes  
buffet, social, breakfast) Campers  
cover their own camping costs.  
Showers available at \$2.50 per  
shower.

Children & Students 1/2 price

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\_\_\_ Canoeing

Name \_\_\_\_\_

Address \_\_\_\_\_

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Phone \_\_\_\_\_

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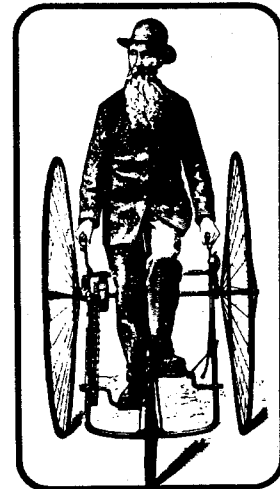
Send to: Jerry Greiner

1109 E. Coover St.

Mechanicsburg Pa 17055

## BIKE TRAIN REPORT

The 1988 Bicycle Train Trip was an outstanding success. 370 bikers from NY, NJ, PA, DE, MD, DC, VA and W VA and 160 pounds of bananas started off on the 17 mile ride from Frederick to Thurmont. MD State Police helped the riders cross busy Rt 15 at several places. The scenery was great. I have never seen so many butterflies on one ride and there was an old restore furnace that reminded me of Pine Grove Furnace. At Thurmont Community Park there was a catered lunch and lots of meeting and greeting. Then on to the 14 car Maryland Midland Railway Excursion Train. Volunteers loaded the 6 boxcars with bikes and riders had their choice of dome car, dining car, open "cattle car", or 1920 vintage commuter cars. An hour later near the summit, well rest bikers unloaded and started the 8 mile downhill. After the return trip to Frederick, everybody chowed down a great chicken dinner while being entertained by a magician and awaiting the call for a door prize. Thanks to Jane and Marlin Cohen and other members of the Baltimore Bike Club for a great day!



20-25 mi 10-12 mph 1:30 pm Mechanicsburg HS Leader: Robert Smith 761-0519  
SPINNERS 'N' GRINNERS

=====

SATURDAY October 22, 1988

B+ 25-35 mi 17-19 mph 7:00 am Cycles Velo Shop Leader: Dan Kesler  
EARLY AM TRAINER - Chambersburg Ride... 264-6039

-----

B+ 35+ mi ??-?? mph 12:00 pm Carlisle MJ Mall Leader: Ken Cramer  
249-5778

-----

B 35-40 mi 13-15 mph 1:00 pm Mechanicsburg HS Leader: Joan Short  
BUZZIN' WITH THE B'S - For those of you who are not going to the Halloween  
Happening, here's a great thing to do today. More info call 938-3494.

-----

C 20-25 mi 10-12 mph 1:00 pm Mechanicsburg HS Leader: Walt Fitting  
SPINNERS 'N' GRINNERS 834-5068

=====

SUNDAY October 23, 1988

B/B+ 20-30 mi 14-19 mph 8:00 am Faust Jr. HS Leader: Mike Witter  
BIKE AND BREAKFAST 263-5631

-----

D 10 mi 9 mph 7:15 am City Island Leader: Owen Moore  
SUNDAY SOCIABLE - We're still looking for new alleys, dead ends, and places  
we haven't been before within a short distance of City Island. You can join  
this crew for a jaunt on the East shore or the West shore, if time permits,  
Join us for Breakfast. Need more info, call Owen 761-4822.

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B+ Varies ??-?? mph 10:00 am Carlisle MJ Mall Leader: Pam Spence  
For more info call Pam at 243-6224 Dan Heatherly Al Padilla

ANNUAL HALLOWEEN RIDE - Visit area cemeteries, hunt for Vampires and  
Werewolves. Costumes and makeup optional, but would add to the ride. Cider  
and cookies following the ride, patches are available at \$2.00 each.

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SUNDAY October 30, 1988

B/B+ 20-30 mi 14-19 mph 8:00 am Faust Jr. HS Leader: Mike Witter  
BIKE AND BREAKFAST 263-5631

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D 10 mi 9 mph 7:15 am City Island Leader: Owen Moore  
SUNDAY SOCIABLE - Last month for the sociable coming up. You can still get  
in a few more rubs of the elbow before we hang it up for the season. Join  
us for an easy hour and 15 min. as we check out the highways and byways of  
our fair city. For more info, call Owen at 761-4822.

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B+ Varies ??-?? mph 10:00 am Carlisle MJ Mall Leader: Pam Spence  
For more info, call Pam at 243-6224 Dan Heatherly Al Padilla

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C 35-45 mi 12-14 mph 1:30 pm Mechanicsburg HS Leader: Al Myers  
SPINNERS 'N' GRINNERS - Al will probably find a graveyard for a rest stop  
today..... But don't rest too long! More info, call Al at 761-2740

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C 20-25 mi 14-19 mph 1:00 pm Mechanicburg HS Leader: Sue Martz  
SPINNERS 'N' GRINNERS 697-1755

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SATURDAY October 29, 1988

B+ 25-35 mi 17-19 mph 7:00 am Cycles Velo Shop Leader: Dan Kesler  
EARLY AM TRAINER - Chambersburg Ride... 264-6039

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B+ 35+ mi ??-?? mph 12:00 pm Carlisle MJ Mall Leader Pam Spence 243-6224

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B 35-40 mi 13-15 mph 1:00 pm Mechanicsburg HS Leader: Phil Heisley  
BUZZIN' WITH THE B'S - Phil will keep the ride moving so the Ghosties and  
Goblins won't get ya!! More info, call Phil at 737-5957

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C 25 mi 10-12 mph 1:30 pm Silver Springs Pres. Church Leader: Fred Wilcox

Harrisburg Bicycle Club  
P.O. Box 190  
New Cumberland, PA 17070

**BULK RATE**  
**U. S. Postage**  
**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.

OCTOBER CLUB MEETING  
TUESDAY, OCTOBER 18th 7:30 PM  
CHRIST PRESBYTERIAN CHURCH ALLENDALE  
(Cedar Cliff)

Program: "Winter Bicycling &  
Elections"

There were many of us who put our bicycles away for the months of July and August when we discovered there was no way to beat the 100+ degree temperatures. No matter what we tried we couldn't get away from the heat - so we did the next best thing, we sat in the air conditioned rooms or went to the pool.

Well, the summer is past, the torrid temperatures are behind us for awhile. What now? Are we going to put our bicycles away because it is too cold? Are we going to stay indoors all winter and become couch potatoes? Heck no - we're going to bicycle as long as winter permits. At this month's meeting we are going to discuss winter bicycling - some of the opportunities and some of the hazards. We'll also look at the clothing and gear available that will make winter bicycling a bit more enjoyable. Of course there will be a discussion on the wind chill index and how it affects you during cycling and to top it off, will be a movie on hypothermia.

So whether you're planning to bicycle, hike or cross country ski this winter, this meeting will truly have something of value for you.

It's also election time so cast your vote - meet the new officers and voice your opinion as to what direction the club should take.

