

The SPOKESMAN

Newsletter of the Harrisburg (PA) Bicycle Club February 1991

February Meeting Tuesday, February 12, 1991

If you're feeling the need to pedal faster each day just to keep up with your life, it may not be time for more gears...but for STRESS MANAGEMENT.

Ruth Brillinger, Manager of HEALTHGAIN Center, Capital Health System, and a certified instructor of "Personal Stress Management" will help you identify stress, examine the physiology of stress, and show you how to use stress as a positive force in your life.

The place and the time are the same, Bonanza Family Restaurant, 4717 Carlisle Pike, Camp Hill, 6:30 PM dinner and the speaker at 7:30 PM.

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DEADLINE for March Spokesman 2/2/91

UPCOMING EVENTS

General Club Meetings - 2nd TUESDAY of Month - Mar 12 (Dr. Blake Powell on Spring Training), Apr 9 (Velodrome Racing), May 13 (Mt. Biking w/SAMBA), June 11 (Magic Lantern Show)

Operations Committee Meetings - Last TUESDAY of Month - Jan 29, Feb 26, Mar 26, Apr 30, May 28, Jun 25, Jul 30, Aug 27, Sep 24, Oct 29, Nov 26

RIDES - RIDES - RIDES - RIDES - RIDES - RIDES - RIDES - RIDES - RIDES

Spring Fling - April 19-21, Bill Pickering 232-1326

Tour of the Scioto River Valley (TOSRV) - May 13-14, Club Phone

GEAR '91 - June 9-11, Willa Friedman 703-978-7937

Great Ohio Bicycle Adventure (GOBA) - June 16-22, Club Phone

● KAMEL - June 21, 22, 23, John Donoughe 540-9811

L.A.W. National Rally - July 4-8, Jim Lazar 206-357-8364

Cross PA - July 19-28, Bill Pickering 232-1326

Harpers Ferry MS 150 Tour - July 27 & 28

*** FEBRUARY RIDE / DINE SCHEDULE ***

110 CLUB notes: This series generally depends on clean roads and temperatures of 40 F. Pace and distance will depend on conditions and the abilities of the riders. However, since some leaders may elect to ride at lower temperatures, it is strongly recommended that you call to confirm.

Saturday, February 2, 1991

C+ 10:00 AM call for pace / distance Commonwealth National Bank, Rt 22 at Mountain Road
SATURDAY EYE-OPENER Info: Bill Engle 545-0460
Let common sense prevail, call to be sure this ride will go on any given day.

C+/B 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Dan Miles 763-1006

C 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Roger Olson 763-4001

Sunday, February 3, 1991

C 7:00 AM 10-12 mph 20 miles Don's Pier, Rt 322 at Hockersville Road, Hershey
HERSHEY/ALVA SPECIAL Leaders: John & Bonnie McClun 533-4066
February can be a strange month, occasional mild days are quite possible. John and Bonnie are planning to ride from Hershey to Harrisburg, weather permitting, to join the breakfast bunch at the Alva. Here is your chance to wear your cold weather riding gear. Call in advance to confirm this ride.

* 8:00 AM freestyle breakfast Alva Hotel, 19 South Fourth St, Harrisburg
SUNDAY SOCIABLE Info: Owen Moore 761-4822
The Alva is always warm and sunny. Pick-up rides have been known to start here.

C+/B 1:30 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Sheryl Albertini 774-5539

C 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Harry Banzhoff 766-9524

Wednesday, February 6, 1991

* 7:00 PM meeting / program Wildware, 995 Peifers Lane, Harrisburg
SAMBA MONTHLY MEETING Info: Chris Doran 938-8368
Got a new mountain bike for Christmas? This is the place to learn the techniques and issues.

Friday, February 8, 1991

* 7:00 PM (dinner, no bikes) New York Steak & Seafood, 202 West Chocolate Ave, Hershey
HERSHEY FRIDAY SOCIAL Reservations (by 7:00 PM Thur): Susan Dellinger 533-7341
There is more than one way to conduct a sociable ride. Join this bunch and enjoy the Hershey version.

Saturday, February 9, 1991

C+ 10:00 AM call for pace / distance Commonwealth National Bank, Rt 22 at Mountain Road
SATURDAY EYE-OPENER Info: Bill Engle 545-0460
Let common sense prevail, call to be sure this ride will go on any given day.

C+/B 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: John Lampi 697-6676

Saturday, February 9, 1991

C 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Fred Wilcox 763-3636

Sunday, February 10, 1991

C 7:00 AM 10-12 mph 20 miles Don's Pier, Rt 322 at Hockersville Road, Hershey
HERSHEY/ALVA SPECIAL Leaders: John & Bonnie McClun 533-4066
February can be a strange month, occasional mild days are quite possible. John and Bonnie are planning to ride from Hershey to Harrisburg, weather permitting, to join the breakfast bunch at the Alva. Here is your chance to wear your cold weather riding gear. Call in advance to confirm this ride.

* 8:00 AM freestyle breakfast Alva Hotel, 19 South Fourth St, Harrisburg
SUNDAY SOCIABLE Info: Owen Moore 761-4822
The Alva is always warm and sunny, so join the bunch for a hearty breakfast and great camaraderie.

C+/B 1:30 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Grace House 766-4054

C 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Gary Lichty 732-4836

Saturday, February 16, 1991

C+ 10:00 AM call for pace / distance Commonwealth National Bank, Rt 22 at Mountain Road
SATURDAY EYE-OPENER Info: Bill Engle 545-0460
Let common sense prevail, call to be sure this ride will go on any given day.

C+/B 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: George McNeill 258-3484

C 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Art Miller 763-7011

Sunday, February 17, 1991

C 7:00 AM 10-12 mph 20 miles Don's Pier, Rt 322 at Hockersville Road, Hershey
HERSHEY/ALVA SPECIAL Leaders: John & Bonnie McClun 533-4066
January can be a strange month, occasional mild days are quite possible. John and Bonnie are planning to ride from Hershey to Harrisburg, weather permitting, to join the breakfast bunch at the Alva. Here is your chance to wear your cold weather riding gear. Call in advance to confirm this ride.

* 8:00 AM freestyle breakfast Alva Hotel, 19 South Fourth St, Harrisburg
SUNDAY SOCIABLE Info: Owen Moore 761-4822
The breakfast climate at the Alva is always warm and sunny, so regardless of the weather, join the bunch for a hearty breakfast and great camaraderie. Pick-up rides have been known to start here.

C+/B 1:30 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Dennis Major 766-6598

C 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Bill Pickering 232-1326

Monday, February 18, 1991

- * 6:00 PM (drinks, no bikes) THE BAR, Harrisburg Hilton, Market Square, Harrisburg
7:00 PM (dinner, no bikes) GOLDEN SHEAVES RESTAURANT, Harrisburg Hilton, Market Square, Hbg
DINING DOWNTOWN Reservations: Bill Winebrenner 599-5092
You knew it was just a matter of time before you tried the new Hilton for dinner. Well, time's up, this is the best opportunity to come along yet. Bill will give you more information on price and menu when you phone him. Relax, enjoy, and prepare those eating muscles for the riding season to come.

Wednesday, February 20, 1991

- * 7:30 PM ride planning 4540 Ethel Street, Colonial Park
EAST SHORE RIDE PLANNER Coordinator & Host: Bill Engle 545-0460
Help shape the '91 riding season with your opinions, suggested routes, theme ride ideas, and anything that can help put some structure to the coming riding season. Bill is especially interested in those of you who make a practice of riding the East Shore routes. Call Bill for directions.

Saturday, February 23, 1991

- C+ 10:00 AM call for pace / distance Commonwealth National Bank, Rt 22 at Mountain Road
SATURDAY EYE-OPENER Info: Bill Engle 545-0460
Let common sense prevail, call to be sure this ride will go on any given day.
- C+/B 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: George Olsen 938-1489
- C 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Harry Banzhoff 766-9524

Sunday, February 24, 1991

- C 7:00 AM 10-12 mph 20 miles Don's Pier, Rt 322 at Hockersville Road, Hershey
HERSHEY/ALVA SPECIAL Leaders: John & Bonnie McClun 533-4066
February can be a strange month, occasional mild days are quite possible. John and Bonnie are planning to ride from Hershey to Harrisburg, weather permitting, to join the breakfast bunch at the Alva. Here is your chance to wear your cold weather riding gear. Call in advance to confirm this ride.
- * 8:00 AM freestyle breakfast Alva Hotel, 19 South Fourth St, Harrisburg
SUNDAY SOCIABLE Info: Owen Moore 761-4822
The breakfast climate at the Alva is always warm and sunny, so regardless of the weather, join the bunch for a hearty breakfast and great camaraderie. Pick-up rides have been known to start here.
- C+/B 1:30 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Al Myers 761-2740 w
- C 1:00 PM call leader for details Mechanicsburg High School, Mechanicsburg
110 CLUB see opening notes Leader: Wayne Stoltzfus 607-0433

Spring Fling '91
from Bill Pickering

The 1991 version of the Spring Fling has been scheduled for April 19-21. Leader Bill Pickering [232-1326] announced that the Spring Fling will go to another new destination in 1991.

This early Spring tour will follow the usual format of a 70 mile tour on Friday to a destination and a similar ride home on Sunday. On Saturday, there will be at least 2 rides - "C" and "B" - to which the entire HBC is invited. Friday and Saturday nights all Spring Flingers will be together in a motel. A registration form will be in the March SPOKESMAN. Costs for the entire weekend will be \$100 to \$150. If you have any questions call Bill.

Training by Heartbeat

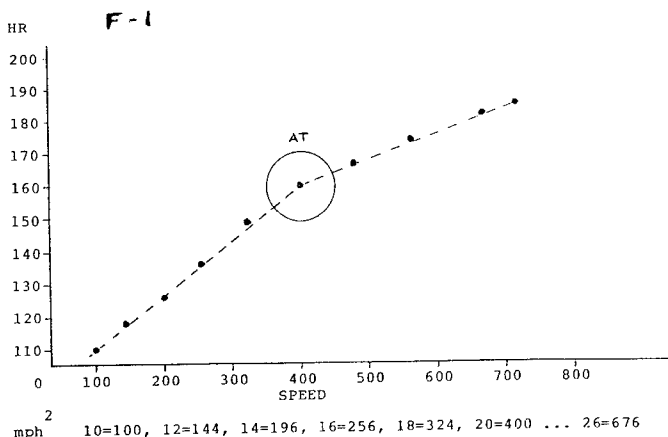
by Lee Miller

At the November club meeting, guest speaker Dr. Blake Powell, presented information concerning fitness, nutrition and training. Many members in attendance were interested in the concept of monitoring heart rate. Heart rate monitoring is an excellent source of measuring your fitness.

In the early 1980's Dr. Francesco Conconi a bio-chemical researcher at the University of Ferrara, Italy developed training methods using anaerobic threshold. Anaerobic threshold is a point a muscle reaches when it is no longer capable of processing oxygen. When a muscle goes anaerobic it can no longer break down lactic acid, the by-product of muscular contractions. A build up of lactic in the muscle leads to exhaustion. Dr. Conconi determined that anaerobic threshold could be determined through heart rate monitoring.

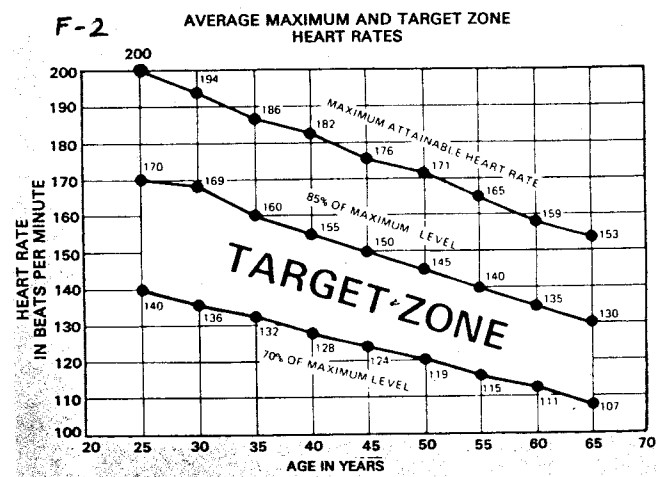
Actual anaerobic threshold is determined by monitoring heart rate as effort is steadily increased in increments. The results are plotted on a graph. The anaerobic threshold is the point where speed is increased at a steady rate while heart rate rises more slowly. Dr. Conconi suggests training at or near the anaerobic threshold. When athletes trained above the anaerobic threshold they showed no improvement or decreased. The test should be repeated periodically to adjust the athlete's anaerobic threshold for their level of conditioning.

Materials needed. 1). Wind Trainer. 2). Bicycle with speedometer. 3). Heart Rate Monitor. 4). Watch. 5). An assistant with paper and pencil. Procedure. 1). Warm up for 10 minutes. 2). Select one gear where top speed can be maintained. 3). Assistant will record pulse and speed each one minute interval. 4). Start at a point where 10 measurements can be taken at an increase of 2 mph. (Ex. 10, 12, 14, 16,...28. Ride at 10 mph for one min. and record heart rate. Increase to 12 mph...Etc. Test should take 10 min. total.) 5). Plot the graph. Speed squared. Determine Anaerobic Threshold.



A standard way of determining anaerobic threshold but not as accurate is using a chart provided with many of the heart rate monitors. This chart provided by the American Heart

Association has established a heart rate target zone for the average individual.



The important part of a workout is the length of time you exercise with your heart rate near the anaerobic threshold. The typical workout should begin with a 10 minute warmup. Gradually increase the heart rate to the target zone. Maintain the heart rate near anaerobic threshold for 20 to 30 minutes. Reduce exercise intensity for a cool down period of 5 to 10 minutes. If your pulse rate stays near the target zone 5 minutes after exercising the workout was to strenuous. The pulse rate will return to normal more quickly as you become fit.

SAMBA through Stony Creek Valley

Try to solve this Stony Quiz: Prior to the Civil War, a community was thriving in the Stony Valley. This community had a population of over 1,000 people, a train station and machine shop, three community wells, coal mines, and many buildings (some foundations can still be seen.) What was the name of this community?

How many times have you been biking, hiking, cross country skiing or fishing in Stony Creek Valley and wondered about the history of a foundation or bridge that you found? Have you ever wondered why there was a railroad in the valley, or why it disappeared? Come to SAMBA's March 6th meeting to find out the answers to all your questions, and learn many, many other interesting facts that you never knew.

Mr. Ralph Dengler of the Pennsylvania Game Commission will be bringing his maps, photos, and stories to the meeting to provide us with the amazing history of this popular recreation area. We are sure that you'll be looking through the bushes a little harder on you're next trip to "Stony". See you at Wildware's Union Deposit store at 7:00 pm on March 6th.

Dr. Blake Powell
Tuesday, March 12th

Spring: time to get yourself out of hibernation, dust off the machine, shave down (should you so indulge), and ride in shorts on the first glorious warm day. Spring also is time to get your training program out of stasis and gear it up for summer. So, attend the Spring Training talk (at the March meeting at Bonanza) to learn some tricks of the trade on how to sensibly increase your fitness, increase your miles, and avoid needless injury. Every attempt will be made to have enough handouts. Sorry about last time.

As if the IRS wasn't enough...

The HBC is conducting an inventory of Club property. Those with knowledge of the location of any property please notify John Castles, 1119 Maple St., Carlisle PA 17013. Ph 243-7858.

PAST RIDE REPORTS

Send ride reports to: John Donoughe 60-C N. 34th Street, Harrisburg, PA 17109-3602. Include the starting location and/or the area bicycled, the distance, average speed, the date, and anything interesting that took place. Space permitting, everything will be printed that is sent to me.

Legend: (L) - Ride Leader.
(S) - Ride Sweep.
(+) - A big HBC welcome for a first time on a ride.
(K) - Child in Kiddie Kart
(T) - Tandem

Sunday Morning Sociable
11/25/90 (Sun)

On this last-of-the-season's 7:15 Sunday Sociables, 13 riders followed Joan & Mel to (where else?) West Fairview for a 'duddy' visit with the Canadian crowd. A short side trip along the narrows preceded a downriver run to Shipoke, but Bill Engle peeled off at Market Street for an early breakfast. Having arrived late, he never heard the warning about the sabotaged cereal awaiting those who didn't finish the ride. Too bad, Bill.

Joan/Mel Wolf (LT) Al England
Marc Farrell Randy Smith

Fred Wilcox Al Myers
Ann Dallam Jean Johnson
Murray Sperling Bill Wierman
John Hartley Betty Jordan
Bill DeWolfe Bill Engle

Sunday Morning Sociable
12/02/90 (Sun)

Lots of people showed up at the Alva this morning for the first of the eat-first-maybe-ride-afterward Sunday Sociables. In fact, more people rode into breakfast on their bikes than opted for alternate motorized means. Those that did ride in had to contend with a slight bit of precipitation on the way home.

Non-Riders

Martha/Jim Ruff Joan/Mel Wolf
Dave Wagner Janice Lehr
Owen Moore Ed Becker
Grace House Al Myers
Randy (West Shore) Smith

Riders

Murray Sperling Bonnie/John McClun
Toby Kulzer Susan Kulzer
John Donoughe Bill DeWolfe
Al England Marilyn/Jeff Grove
Randy (East Shore) Smith

Past Ride Editor's Note: The following five ride reports were accidentally omitted from publication in the Spokesman. I apologize to the riders on those rides and thank Grace House for catching the omissions of the reports.

"110" Club C+ Ride
09/06/90 (Thr)

Dennis Major (L) Rob Bertolette
Carol Mill Al Myers
Holly Rider Harry Banzhoff
Kathy Winbrough Bill Pickering
Ed Becker Fred Wilcox
Lois Lamarca

"110" Club B Ride
09/08/90 (Thr)

Harry Banzhoff (L) Wendi Bakes
Charlie ? Carol Mill
Mike McMullen Tracy Rainelli
John Donoughe Denise Alderman

Archie V. Diveglia Dan Miles
Marianne/Leroy Erickson
Bill Pickering George McNeill

"110" Club B Ride
09/18/90 (Tue)

Dennis Major (L) Amy Englis
Vince DiFilippo Gina Steel
Edna Gronlund Tom Bryer
Jennifer Till Harry Banzhoff
Phil Heisley Brandon Hebly III

"110" Club C+ Ride
09/20/90 (Thr) 19 Miles 12.5 MPH

It was a great day for a ride. The C leader was a 'no-show', so the B & C riders went on a C+ ride. Daylight was at a premium. We all felt strong this evening, especially Marc, who bent his back wheel by putting on the brakes! He 'hung out' at Ashcombe's until Al came back to rescue him in a car. Thanks Al! And Marc, what do you owe your brute strength to?

Grace House (L) Al Myers
Steve Brandwene Marc Farrell
Ed Whisler Tom Bryer
Kay Pickering

"110" Club C Ride
09/29/90 (Sat) 32 Miles

Contrary to the weatherman's prognostications, it was a beautiful afternoon of perfect riding weather. It was warm, a hazy sun was overhead, and no wind. The trees were sporting their first red and yellow leaves and hundreds of birds were gathering overhead in swarms to fly south. It all made for an enjoyable ride.

Carmen Dempster (L) Edna Gronlund
Averill Sheps Barbara Marbain
Denise Alderman Nan O'Donnell
Ed Becker Harry Banzhoff

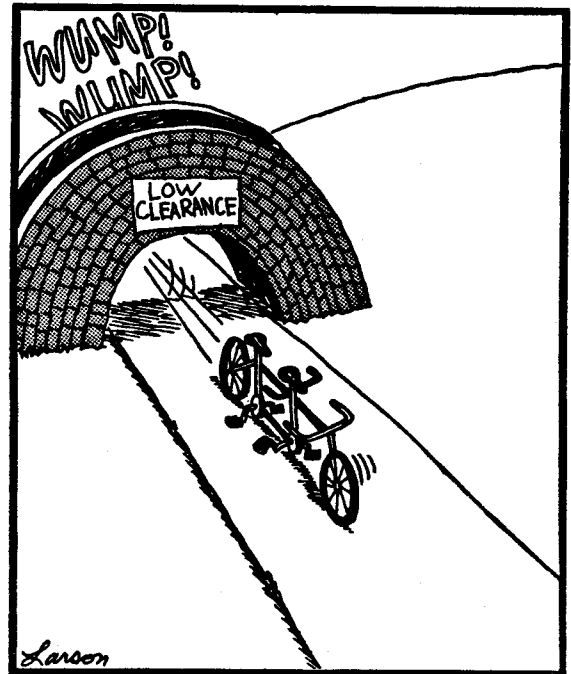
Cross Pennsylvania Rides Again by Bill Pickering

The rumor is confirmed. The Cross Pennsylvania Tour will be held again in 1991. This tour, which is limited to 20 HBC members, will be held July 19 to 28, 1991. The route will cross Pennsylvania from west to east and

will generally traverse the northern tier of Pennsylvania as before. Daily miles will vary from 50 to 70 and there will be a mid-week layover day. The tour is unsupported (you carry your own gear, we stay in motels.)

Final details of the route and costs are still being worked out and will be announced in the March SPOKESMAN. Early registrations are being accepted now. Call Bill [232-1326] for more details.

For Sale: 1989 Trek 1000 Aluminum racing bike. 12 spd, 21" frame, GY frame and heat treated rims. Like new, used little. \$350 OBO. Call Scott 295-7546.



East Shore Ride Planning

East Shore ride coordinator, Bill Engel, will be having a ride planning meeting at his home on Wednesday, February 20th at 7:30 PM. If you are interested in helping to create and plan the rides you'll be seeing this summer, give Bill a call at 545-0460.

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V. B. "SKIP" WHITE

THE NEWSLETTER TEAM HARRISBURG

Team Harrisburg, 1990 Member of the Year

Each year the team recognizes one of its members for their contribution to the team on and off the bike. This year the 1990 Member of the Year award is presented to Scott Henry. Scott rode very well in his rookie season as a USCF licensed rider. He had several top finishes which almost accumulated the required points to advance to the next category of competition. Scott assisted with each of the team hosted events and attended team meetings regularly. Other members that made significant contributions to the team in 1990 were Dave Clark, Tim Zeigler, Lee Miller, Dave Henry, Torrey Marks and Bob Banks.

Race Results

Darren Baker placed 24th overall in the Tour de Mexico held in November. His specialty is road races. This past year he travelled the central and western regions of the United States competing against professional and national level cyclists. During 1990 he placed 10th overall in the Tour of Alpine Banks, Glenwood, CO; 5th in the PA District Championship Road Race and 20th in the National Championship Road Race. Darren has been a member of HBC and Team Harrisburg for three years. Darren's home base is Chambersburg.

Todd Gould age 15, won the last WAGO race of the season in his age group. After entering several races during the season Todd is rewarded for his hard work and dedication.

Training Rides

Sundays in February 2/3, 2/10, 2/17 and 2/24 at 1:30 pm Mechanicsburg H.S. Distance 20-35 miles. Speed average 17 mph. Pace and distance will depend on the weather. Call Lee Miller, 697-4539 for road conditions and weather report.

Team Meeting

Planning for April and May races.
February 12, 1991 6:30 PM
Bonanza Family Restaurant, Carlisle Pk., Mechanicsburg

1991 USCF Team Roster as of 1/2/91

Senior Men	Cat.2	Darren Baker	Chambersburg
Senior Men	Cat. 3	Dan Daly Kevin Flowers John Heisler	Moorsville, IN Hershey York
Senior Men	Cat. 4	Mike Allen Dave Clark Dave Henry Scott Henry * 3 Sheldon Horst Jeff Johnson Will Kennedy Chris McPartland John Reed Brian Rife Casey Williams * 3	Elizabethtown Mt. Joy Mt. Joy Mt. Joy Lancaster Carlisle Lemoyne Mechanicsburg Camp Hill Mechanicsburg Boiling Springs
Junior		Todd Gould Torrey Marks Brad Meloy Doug Reider	Mechanicsburg Mt. Joy Hershey Bainbridge
Senior Men	35+	Bob Banks Scott Darkes Lee Miller Jesse Ranck Mike Smith	Mechanicsburg Lebanon Mechanicsburg Thompsontown Middletown
Senior Men	45+	Charles Hoffman Tom Howard Alan Sommerville Don Souder	Harrisburg Hanover Camp Hill Camp Hill
Official		Lee Miller Tim Zeigler	Mechanicsburg Harrisburg

* rider is considering upgrading to next category.

Racing just for fun or a championship join HBC/Team Harrisburg. Every rider can select their level of commitment to the team and sport. The team recognizes each member is a unique individual. The only Team Harrisburg membership

requirement is being a member of the Harrisburg Bicycle Club. Sport or serious racer, riders have the opportunity to define their level of commitment. Race just for fun or the team can provide support for serious USCF licensed members that participate in team functions and promotions. Information on training and racing is always available.

Training Plan

The second in a series of articles pertaining to training and racing was published in the January Spokesman.

Weekly Training Schedule January 16 to February 28

Mon	Tue	Wed	Thu	Fri	Sat	Sun
short hills	long hills	flat	short varied	easy	easy	effort
10 mi.	25 mi.	50 mi.	25 mi.	10 mi.	10 mi.	50 mi.

Training 195 miles a week in the middle of winter does seem optimistic. The key element in this segment of the training plan is building a base of cycling miles. A rider should log a minimum of 100 miles a week.

If you missed the first weeks of the training plan modify the cycling conditioning stage. Start with easy workouts and increase the intensity until the end of February. The longer you wait to start a training program the farther behind you will be. Work at the training plan slow and steady. Modify the program to suit your schedule or special needs. The goal is to be ready for competition in May.

Training Plan to be continued. Preparation Period, cycling conditioning plus in the next issue.

Sponsorship News

The Sponsorship Committee report. A number of sponsorship proposals are currently being reviewed for team or event sponsorship. As of 1/2/91 the team has received support for planned events. The deadline for sponsors advertising on the team uniform is Feb. 15 for uniform delivery by April 15.

More Upcoming Events

- Aug 18 Lancaster Covered Bridge Century
Charles Roth, 397-1149
- Aug ? Skyline Tour
Bill Engle, 545-0460
- Sept 6-8 Peanut Tour, Emporia, Va
Dale Gill, 243-1041
- Sept 15 Sid Lustig Memorial Century

- Sept 20-22 HBC Fall Tour, Cape May, NJ
Dave LeRoy, 561-1647
- Oct 12 Apple Butter Boil, Liverpool, PA
Tom Helm, 975-0925
- Oct 19-20 Halloween Happening
Mary Helm, 975-0925
- Oct 20 1st Annual Adams County Bike Ride
Gettysburg, PA 717-334-8151



2331 CHESTNUT STREET
CAMP HILL, PA 17011

ALLEN HOLMES

(717) 737-3461

Biking For the Birds (and Bees, and Crafts, and..)

Do you have a special hobby or interest? Would you like to share it with your fellow HBCers? VP John Castles would love to talk to you!

Last summer there was a great ride through the Gettysburg Battlefields led by Chris Doran. He shared his interest in history with those of us fortunate enough to be on the ride.

Our resident club chef, Bill Winebrenner, recently sponsored a trip to the Hotel Hershey for brunch. Yum Yum! (But now we have to bike an extra 25 miles!)

If you have an idea for a neat new ride - maybe to a craft show, or to a museum or library - contact John at 243-7858.



R. W. FARVER
President

BUSHEY'S SCHWINN CYCLERY
254 Lowther Street • Lemoyne, PA 17043
Phone (717) 774-7071

KNOBBY NEWS

The official newsletter of SUSQUEHANNA AREA MOUNTAIN BIKE ASSOCIATION
--SAMBA--

VOLUME 2 NO. 1

JANUARY 1991

WHAT IS SAMBA?

SAMBA is the mountain bike division of the Harrisburg Bike Club. We were officially organized in May of 1990 and have been welcoming many new members ever since then. SAMBA is dedicated to the promotion of safe, responsible use of mountain bikes, and to improve the image of the sport of mountain biking in Central Pennsylvania. Our activities include organizing rides throughout the area with special attention given to novice riders, the development of new riding locations, and acting as organized mountain biking advocates with several public land management agencies. We have received media recognition for our involvement in the responsible promotion of our sport and for participating in environmental clean-up programs. But the thing we do best is have fun! We want to invite everyone to come join us at our meetings (the first Wednesday of the month at Wildware's Union Deposit store, 7:00 pm) and on our rides - we ride all winter so come soon!. Check the Spokesman for details on SAMBA's activities, or call Dave Miller at 939-7908 (evenings).

SAMBA SUNDAY

HBC and SAMBA will be sponsoring an **introductory ride** for all of you who have been wanting to get out and get dirty on a mountain bike. We will supply demo bikes for anyone thinking about buying their own knobby tires. SAMBA Sunday will be held in late April - watch the Spokesman for more info.

*SAMBA meeting Wednesday, March 6th, 7:00 pm
- Wildware's Union Deposit store, 995 Peiffers
Lane, Harrisburg (183 Exit 29)*

RIDE REPORT: Ravine > Tremont > Joliet > Ravine 23 miles 5 hrs by Jeff Showalter

The **TREMONT 7** met at *Maxine's Restaurant* in Ravine for the first **Pathfinder Series** ride. After a 3 mile railroad grade warmup, we tackled the power lines and mining roads to take us to lunch with a "walker" drag bucket shovel which was large enough to park a compact car in. We then wound our way over the "moon's" coal surface by single track and double track, railroad track and sweeping power line downhill back to our cars, dodging ice littered puddles where possible-then heading back to each person's personal idea of warmth. Kudos to Joe's orienteering! Come to the next SAMBA meeting for more info. **RATING:** Advanced (due to mileage) with plenty of MSG (mud, sand, and grit)

Joe Ketrick-Leader
John Azemar

Matt Berkheimer
Ruth Brown

Phil Heisley
Shawn Rosenberger

Jeff Showalter

SAMBA RIDE RATINGS

D - BEGINNER (easiest)

Flat road surface to gradual incline or railroad grade. Riders will stop often to check out the scenery and rest. 1 to 3 hours of riding.

Example: Railroad grade along Stony Creek

C - NOVICE

Mostly "double track" (ie, gravel roads or old woods roads); moderate grades; light single track sections. 1 to 3 hours of riding.

Example: Shermans Creek ride

B - INTERMEDIATE

May include small obstructions that can be jumped with little difficulty; mixture of double track and single track sections; moderately steep to longer grades; less frequent stops. Experience suggested. 2 to 4 hours of riding.

Example: Stony Mountain Tower/Stage Trail loop

A - ADVANCED

May include larger obstructions that require advanced skills to negotiate; rocky and loose single track; steep or extended climbs; some portage of bike required. Length of ride depends on severity of terrain.

Example: Whiskey Springs in the spring

A+ - EXTREME

Experts only...expect bogs, logs, steep grades. Attempt to ride all reasonable obstructions. Edge of traction. Length of ride depends on severity of terrain.

Example: Grave Ridge ATV trail-travelling UP

Ride Classifications

- Ride and Ride Leader are responsible for keeping the group together.
- Average speeds vary depending on terrain, weather, distance, & time of year, but should fall within the averages stated.
- Bicycles should be well maintained.

Group Rides - Stops taken when needed for rest or to keep the group together.

D = Social - for the cyclist who enjoys an easy social pace. 10-speed bike not necessary for these rides. Speed will average 8-10 mph, distances generally 8 to 10 miles.

C = Casual - for the cyclist who would like to socialize but wants the challenge of a longer distance & a bit more challenging terrain. Average speed, 10-12 mph, slow easy pace on hills, distances generally 20-25 miles. Stop about every 10 miles, more if necessary.

C+ = Tour Pace - good training ride for touring. Rides generally longer and with more hills than casual ride. Pace will be slower going uphill. Average speed 11-13 mph, distances generally 25-45 miles. Stops every hour, more if necessary.

B = Fast Group - a faster pace for experienced riders in good physical condition. Steeper hills are a possibility, with pace slowing a bit going up, but riders are expected to stay with the group. Average speed 14-17 mph, distances generally 25-35 miles. stops when necessary.

Training Rides - Riders on training rides should be in good physical condition and capable of maintaining a steady pace. Few stops if any.

B+ - A bit faster than the "B" (Fast Group) rides and could cover a longer distance. If numerous hills are included the pace will be about 14-17 mph. If terrain is flatter, speed will generally average 17-19 mph. Pace will slow a bit uphill, but riders are expected to stay with the group. Expect to maintain a fast pace for distances up to 50 miles.

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 uphill. Emphasis on conditioning.

HARRISBURG BICYCLE CLUB

Membership & Renewal Form

Please Print Also use for Change of Address or Phone

Name _____

Address _____

City _____

State _____ Zip _____

Check one or more of the following: Phone _____

- \$9.00 for New Members
- \$9.00 for Renewals after 10th of month due
- \$7.00 for Renewals before the 10th of renewal month (see address label)
- \$_____ for contribution to HBC's Janet A. Pontius Bicycle Safety Foundation
- \$_____ Option: new Multi-year Renewal, \$7.00 each year
- \$_____ contribution to Team Harrisburg (racing team)
- \$_____ contribution to Metro Express (Must also be HBC member)
- \$3.25 Harrisburg Bicycle Club Patch

\$_____ Total Enclosed (Checks Payable to Harrisburg Bicycle Club)
For Membership Card include self-addressed stamped envelope

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

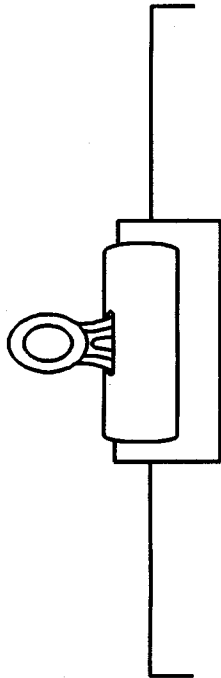
- Check as appropriate:
I/We might consider helping with:
- Leading Rides
 - Food Preparation
 - Newsletter - Folding
 - Newsletter - Writing
 - Interested in Mountain Biking?

List Names (A membership covers all members in one household)

1.	_____
2.	_____
3.	_____
4.	_____
5.	_____

**Bulk Rate
U.S. Postage
Paid**

**Harrisburg, PA 17105
Permit No. 266**



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

Number on Address Shows Month Membership is Due

HBC Officer and Numbers To Know

President	Bill Baughman	938-8034
Vice Presidents	John Castles	243-7858
	Mary Helm	975-0925
	John McClun	533-4066
Treasurer	Joan Short	938-3494
Secretary	John Donoughe	540-9811
HBC Information		
	Jim Kehew	975-9879
Membership		
	John Layne	737-0780
Safety Chairman		
	Mike Baum	761-8672
Club Photographer		
	Ed Dyer	697-1740
Metro Express		
	Bruce Barry	939-5439
SAMBA	Chris Doran	938-8368
Team Harrisburg		
	Lee Miller	697-4539
Ride "Czar"		
	Tom Helm	975-0925
Area Ride Coordinators		
	Metric Century Series	
	Wanda Knuth	834-9233
	-East Shore C	
	Bill Engle	545-0460
	-West Shore B & C	
	Harry Banzoff	766-9524
	Hershey	
	Susan Dellinger	533-7341
	Carlisle - C & D Rides	
	Annie Olmstead	243-3317
	- A & B Rides	
	Pam Spence	243-6224
	Chambersburg	
	Mike Witter	263-5631
SPOKESMAN		
Editor	Lisa Durborow	469-0863
Ride Schedule	Tom Helm	
info goes to:	480 St. John's Drive	
	Camp Hill, PA 17011	
Past Ride	John Donoughe	
info goes	60 N. 34th Street, Apt. C	
to:	Harrisburg, PA 17109	
	540-9811	

All other SPOKESMAN information, including all Tours, goes to the Editor:
Lisa Durborow
7559 East Appalachian Trail
Harrisburg, PA 17112

**Deadline for March 1991 Issue:
SATURDAY, FEBRUARY 2, 1991**