

The 'Glass Gazette

August 2009



Dealer Sponsor:
Koons Chevrolet
Tysons Corner, VA



NVCC-Doukenie Winery Cruise-in Fun Show

By Rich Anderson and pics from just about everyone

It was an excellent turnout and a good time for such a short notice event. As is increasingly the case, the star of the show was Stewart for bringing the canopy and the trailer.



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The folks working hard for you

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The council and particularly the president get all sorts of “different” e-mail requests...and these pic resulted from one of them. A local belle decided to celebrate her 50th with style and grace and asked Stewart for use of an appropriate vintage vette for a formal photo shoot. I was able to oblige and had a great day. You just never know what interesting events may come your way in a vette.

Please send me your pics and a short note whenever you find yourself in a “vette moment”.



Please welcome our prospective members:

Rich Giannascoli, 2006 Blue Coupe
Will Trevillian, 2004 Grey Z06
Guy Hahs, 1995/2003 T-Top/Coupe, Silver/Red
Craig Roberts, 1959/1965 Convertible, Black/Silver
Gary Martin, 2009 Z06, Silver
Ron Hillenbrand, 2007, Coupe, Monterey Red
Michael Griffith, 1999, Coupe, White
Gary Walton, 2006, Convertible, Monterey Red

Please congratulate our newest members:

Rich Olivo, 2002 Coupe, Blue
Teddy Bowen, 2005 Coupe, Black
Steven Netherly, 2006, Coupe, Monterey Red

Membership Corner

We currently have
136 active members
1 honorary member and
8 prospective members.



PRESIDENT'S CORNER

August 2009



It's hard to believe I am already writing my August installment for the newsletter. This has been one heck of a busy year so far, with many more events still to come.

We currently have another one of our big annual events open for registration, that being the two-day autocross extravaganza we affectionately call Spooktacular. Run every October about the same time that the leaves begin to show their fall colors, this event is NVCC's high speed competition event for the year, as opposed to the HPDE's where drivers practice the fine points of handling their Corvettes on track and hone their skills under the watchful eyes of our enthusiastic corps of volunteer instructors. Spooktacular is an NVCC tradition that has been going on for many years now, first on the oval track at Old Dominion Speedway, then, migrating to the Jefferson Circuit at Summit Point about a dozen years ago. The goal: to have fun, be safe, and see who can coax their Corvette around Jefferson Circuit the quickest.

Spook' brings the many club members that it takes to successfully host and run such an event, together with some of the most talented competition drivers that East Region has to offer. Over the years, we have learned to expect entrants to come not only from NVCC but from other clubs and from a number of other states. In the past, I can recall having had entrants from VA, MD, PA, OH, IL, NC, and NJ. The competition points to be earned by running Spook really makes for a strong field of drivers in Corvettes spread out across a wide range of production years, with modifications varying from completely stock up to fully race-prepared. The competition is always lively but the camaraderie is second to none. As this year's Chairman for Spooktacular, I encourage everyone to consider joining us, whether it be as a driver, worker, or spectator. If you haven't signed up already, please do so today. I assure you, you won't be disappointed.

Away from the track, I have had the opportunity to attend several cruise-ins over the past month and just want to say that I was really impressed by the turnout that NVCC had for the Summer Thunder Cruise-In in Purcellville on July 25. Fifteen cars from NVCC plus the club trailer and canopy set up in a prime location on one of the ball fields at Franklin Park made for an impressive sight. If it weren't for that darn thunder storm that came out of nowhere, I would never have known that we could pack up and leave as a group in less than 10 minutes.

Just last weekend, I made it to the Doukenie Winery Cruise-in organized by the folks at Doukenie and our newsletter editor Richard Anderson. A great weather day, a very scenic setting in upper Loudon County, and two dozen Corvettes made for a fun afternoon.

Later today, I am off to New Jersey Motorsports Park for the first time, to give Andrej a hand as he resumes his SCCA racing endeavors on the challenging Thunderbolt course.

For Labor Day weekend, NVCC has been invited to show our cars at Summit Point as part of an SCCA race weekend, coupled with a charity fundraiser to support the special reading program in the Jefferson County Schools. Check our website for more details on this event and plan on joining me to help support a very worthy cause.

Don't forget that NVCC has many events listed on the calendar, from Concours being put on by other clubs, to Drag & Tune dates, Rallyes, as well as our annual Teen Driving School. Be sure to check the club website for up-to-date info on upcoming events. With NVCC, we're always looking for ways you can get out and enjoy your Corvette.

Check the brake fluid, change the oil, put a little air in the tires, rub on some wax, and hang on for another action packed season with your friends at NVCC. It's a busy 2009 for NVCC. Come out and join the fun !

NVCC Social Calendar Sept 2009 – Laurie Kistner, Social Director



Wed. 9/2/09-Sun. 9/6/09 - National Corvette Caravan to Bowling Green, KY - Mid-Atlantic Route. For those who are looking for a group to travel with for the 2009 National Corvette Caravan to Bowling Green, KY, here is the closest group coming our way:

9/2 - Stopping in Charleston, WV at about noon time for lunch at the Quaker Steak & Lube (they are excited about us coming). Then on to Bowling Green, arriving there around 6pm.

Quaker Steak & Lube
2931 Mountaineer Blvd.
Charleston, WV 25309
(304) 746-9401

9/6 - Return trip will be east on KY90/KY80/KY15 and then head up I-81 stopping in either Roanoke or Christiansburg, VA for the evening.

The Mid-Atlantic Captain for this event is Bob Mahler. Please mail him at caravan0909@hotmail.com if you wish to attend the Quaker Steak & Lube lunch (they need a headcount) and caravan to BG with the rest of the group. For more information about the event in general, please visit <http://www.corvettecaravan.com/>

Sat. 9/5/09 - The Washington DC Region of the SCCA is holding its annual Racing for Reading MARRS. For the second consecutive year, funds will be raised to benefit a troubled reader program at the Jefferson County Public Schools. The program targets middle school children reading below their grade level. Last year, DC Region raised enough money to get the program into a single school in the country. The school district would like to expand the program to all of the county's schools and we think car enthusiasts can help them do it.

We have been invited to bring our cars to Summit Point. Car corrals will be roped off for each club to show off the cars. During lunch, pace laps (\$10 each) will be sold with all of the funds going to the school district. After the racing, at the hospitality party in the paddock, there will be a charity auction, which is open to everyone. Again, all of the funds go to the schools.

For more event information, contact:
Jeff Janoska, jeffryjanoska@acli.com, 202-624-2140 or 240-205-5181

If you wish to attend as a group, contact Stewart Fox at president@nvcorvetteclub.com so that he can make arrangements for enough corral space. There is no fee to show your car in the corral. For folks who want to take in a day of racing SCCA style and commit in advance to attend the MARRS Reading/Charity event, they will also be able to purchase a specially priced \$10, Saturday-only ticket. If they do not let us know ahead of time, it will be the usual fee: regular Summit Point ticket price for MARRS Friday, Saturday & Sunday is \$23 in advance, \$25 at the gate. Children 12 and under are no charge. Be sure to cheer on our very own Andrej Balanc in the T-1 division!

Mon. 9/7/09 - 10th Annual Labor Day Car Show in Historic Clifton Virginia, presented by Custom Cruisers of Northern Virginia and Clifton Lions Club. Proceeds to benefit local charities. Let's show our support!

For more show information, contact event organizer Jim Chesley, (703) 830-2129, jcchesley@aol.com or visit www.customcruisersnova.com. This is an open show for muscle cars, street rods, classics, antiques, custom cars, street machines, and motorcycles.

This show can hold up to 250 cars...over 500 are expected!!! We MUST get there by 7 AM in order to get parking...this event is that BIG! Vendors, great food and music, dash plaques to first 250 show vehicles, door prizes, "Participant Pick" awards, specialty trophies, and raffles. Registration at the gate is \$15.

We will meet at Newgate shopping center, at the intersections of routes 28 and 29 in Centreville at 6:30 AM (drivers' meeting...please be on time!) and depart at 6:40 AM for a short but scenic Clifton cruise into the show. These are some of the best roads in the area!

We had a great time last year and would like to unite the vettes and stangs again! This is a dual-club event....NVCC and NVMC....to enhance participation. Ceece Coburn from the NVMC will be arranging our police escort to help us stay in a group when we depart for the show.

Please email me at lilredcorvette94@yahoo.com with your FIRST NAME/LAST NAME to be on the attendance list. When you RSVP to me, please realize you are RSVPing to be in the caravan of cars cruising through the cool streets of Clifton and arrive as a group to the event so that we can all stay together. This event is a cruise and show in one! If you want to be part of the NVCC/NVMC group and park together, then please RSVP and be at the meeting point at the appointed time. Otherwise, if you arrive at the show location later, be aware that you may not be able to park with us and that space WILL run out very quickly...but find us and come hang out with us!

Directions to caravan meeting point - from Route 66 westbound: Take Exit 53A to Route 28 S and then take the Route 29 S Exit, immediately turning right into the parking lot. There is a Joann's Fabrics, the Centreville post office, Fast Eddie's, Trader Joes and a Bank of America...right next to a Sunoco gas station where people can gas up and get coffee, etc..prior to departure.

Sat. 9/12/09 - Benedict Civic Charitable Organization's 1st Annual All Corvette Show

Benedict Civic Club, Inc.
500 Fleet Street
Petersburg, VA 23803

Registration and Staging: 9:00 a.m. – 11:00 a.m.
Showtime: 10:00 a.m. – 3:00 p.m.
Awards: 2:30 p.m.

\$25.00 pre-registration by August 12th

\$30.00 Day of Show
Car Corral – Cars for Sale \$15.00 each (not in show)

Plus: Best in Show: Trophy & \$100.00
Best Club Attendance: Trophy & \$100.00
Farthest Traveled: Trophy & \$50.00
Door Prize: \$50.00
\$300.00 in Cash & 21 Trophies Awarded
\$100.00 Cash & Award Best Club Attendance

100% of all proceeds after expenses go to BCCO Christmas for Kids.
DJ entertainment provided --- Food & beverages available (No Coolers Allowed)
Contact Jeff Fleming for questions/information at pfd9816@yahoo.com or 804-400-7215

Sat. 9/12/09 - The Winery at LaGrange in Haymarket, Virginia is sponsoring a Corvette Car Show and Wine Tasting with the Old Dominion Corvette Club. It's on September 12th, 2009 from 12:00 - 5:00PM.

Some NVCC members attended this event last year and enjoyed it. In case of bad weather, a future rain day will be posted.

Car Show is FREE, Wine Tasting is also FREE if you bring a Corvette (or \$5 without a 'vette). The winery sells bottles and snacks. Bring whatever food and snacks you want (some people brought picnic baskets, finger foods, or cooked out). Food vendor info TBA. Don't forget to bring folding chairs.

This year LaGrange is allowing us to use the patio area (available first come-first served) for those who want to set up a grill, cook, eat and share. LaGrange will also be providing a souvenir wine glass (and special logo glass to the first 100 persons in the door).

For more information, call: 703-753-9360 or email: Information@wineryatlagrange.com or go to: <http://www.olddominioncorvetteclub.com/calendar.asp> and click on "2009 LaGrange Wine Tasting & Corvette Show" to RSVP for this event.

Directions: Take I-66 West. Exit at Haymarket (Exit 40). Turn left at the top of the exit onto US-15 South. Go to the second traffic light and turn right on VA- 55. Just under 1 mile, turn at first right onto Antioch Road. The winery will be about 3 miles North on Antioch Road, entrance on the Left.

LaGrange Winery
4950 Antioch Rd
Haymarket, VA 20169-2259

Sat. 9/12/09 - The 2009 Ride for Pride will be held on Saturday, September 12, 2009 will mark the 8th year of the Ride for Pride. For those unfamiliar with this cruise, its purpose is to remember all who lost their lives on September 11, 2001. It also holds the purpose of expressing our support and gratitude to all the men and women of this nation's armed forces, who right now are ensuring that we have the right, and the freedom, to conduct this event.

This event was conceived in 2002 and the first Ride for Pride had about 10 vehicles in attendance. This event has grown with each

year that passes. The 2008 RFP had over 90 vehicles in attendance, including members from CorvetteForum, F-Body Hideout, Eastern F-Body Association, LS1Tech, LS1.com, LS1GTO, CCGTO, SRT Forums, and others.

Time: RFP will depart at 2:00PM. Please make sure you are on time; stragglers will have to catch up. Some of us will arrive around noon to detail cars or catch up with those we have not seen in a while, etc.

Staging area: Cameron Run Regional Park. 4001 Eisenhower Avenue, Alexandria, VA.

Directions to the staging area from I95: Take Exit 173 Van Dorn Street and turn left at the light at the top off the hill. Get into the right lane. Proceed to the bottom of the hill, going under the Interstate and under the train tracks, and turn right at the first traffic light onto Eisenhower Avenue. Cameron Run Park will be on the left about 1.8 miles up.

Duration/Distance: RFP will travel 75 to 80 miles, and last about 2 hours. Please make sure you have enough fuel to complete the cruise.

Route: From Cameron Run Park, we will turn right onto Eisenhower Avenue and proceed to the first traffic light. We will turn left onto the Eisenhower Avenue Connector, and proceed to the first traffic light. We will turn left onto the on-ramp for I 495 East/I 95 North (Please note: the on-ramp to 495/95N has ongoing construction. The merge area is short and narrow. Be alert and safe while merging. There will be plenty of time to get back in line once on the highway.). We will continue around the Capitol Beltway (I 495), taking over the left lane, into Maryland and then back into Virginia. We will then exit onto I 395 North, and take the right-hand exit onto the HOV lanes after Edsall Road. We will follow the HOV lanes toward the Pentagon, exiting onto Route 27, and then turning into the Pentagon North parking area. The cruise will end at that point.

Conduct: No burnouts, donuts, or racing, we are not at the track. BE RESPONSIBLE.

Vehicles allowed: Corvette, F-Body V6/V8, Mustang/Cobra V6/V8, Viper, GTO new and old, GN/GNX/Grand National, Impala SS new/old, old-school/classic muscle car/hotrod, GM/Ford/Chrysler nameplates, etc.

Special Request: Please be sure to bring/have an American flag to put on your car, or something to show support for our servicemen/women.

Sun. 9/20/09 - All Corvette Drag Racing Day and People's Choice Fun Show, presented by the Corvette Club of America and Tony's Corvette Shop, to be held at the Capitol Raceway in Crofton, Maryland. This is a good chance to see what your car can do and learn a little something about the art of drag racing...or show your car!

Gates open at 11, practice runs at noon. Bracket eliminations start at 3 (3 classes for automatics, 3 classes for manuals, 1 class for cars using electronics). Fees as follows:

\$40 Drag Race Fee
\$60 Drag Race + NCCC Race
\$20 Just Fun Show
\$10 Spectator Fee (Children under 12 free)

All NHRA rules apply. Helmets required for ETs 14 seconds and faster. Long pants and closed toe shoes must be worn by all drag racers. All cars must pass tech before they are allowed on track.

For more event info, please contact Pat Roney at 240-506-6283 or proney42@verizon.net ASAP.

Directions to Capitol Raceway: Take I 95 North to 495 North to Rt. 50 East to Route 3 North, go through 4 lights (approx 6 miles) into Crofton. Follow the Capitol Raceway signs and turn left at the Wendy's. Crossover to Route 3 South. Get in the right lane and Capitol Raceway Rd. is 100 feet on the right.

Sun. 9/27/09 - Boardwalk Corvettes is having their annual "A Day At the Beach Corvette Style" fun show in Ocean City, NJ on Sunday, September 27, 2009. All Corvettes will be displayed on the boardwalk. Dash plaques to first 200 registered, fun show awards for you and your Corvette. Trophies will be presented at 3:30 pm. \$100 cash award for best club participation. Registration is \$20 for entry. No vendors, refunds, or pets. Partial proceeds to benefit local charities.

For more information, visit www.boardwalkcorvettes.com. Also, club members Sherie and Gary Essex have been attending this show

for many years and can recommend hotel accommodations and provide more in-depth information. You can contact them at chasby1@aol.com to ask any questions you may have about the event. It is recommended to make hotel reservations early as "nicer" hotels book fast in the fall. It's a wonderful show, the weather is usually still warm and beautiful.

PLEASE NOTE: Ocean City, NJ is a dry island. There is a liquor store right over the bridge and it can be brought into Ocean City, just no drinking on the beach or boardwalk. Ocean City, NJ is a 3 1/2 hour drive from NoVa.

Coming soon...

10/3 – Vettes on the Point
10/3 -10/4 – Spooktacular
10/16 -10/17 – Corvette at Ocean City
10/17 – Fall Skyline Drive Cruise
10/18 – NVMC Annual Picnic/Car Show
10/28 – Vienna Halloween Parade

As always, events are being added and/or updated when details become available. Please make sure to read completely and follow the instructions provided. If you would like to host an event, please contact me at social@nvcorvetteclub.com ASAP!

Laurie Kistner
NVCC Social Director & Webmaster

Vettes at the Beach By Laurie Kistner



The last weekend of July was the 16th Annual Vettes at the Beach show in Sylvan Beach, New York. This was bar none the best Vettes at the Beach show ever! This year 427 Corvettes (nice number!) attended on a perfect weather day...low 80s, low humidity, and plentiful sunshine. Nothing beats a car show on the beach, with the sand and waves as a perfect backdrop for our Corvette photos.

Our very own Don Ellenberger won a trophy this year for his not-so-mellow yellow supercharged C6 Z06. Congratulations, Don! Afterward, we all headed down to the famous Dinosaur BBQ for a celebratory dinner. For those not in the know, Dinosaur BBQ has been rated the #1 BBQ joint in all of America and has been featured on the Food Network and Good Morning America.

One interesting occurrence was a silver Ferrari F360 that crashed our show (see pic). He didn't stay too long! Outside of that, lots of other great Corvettes, including a custom painted Z06 with targa conversion and a daily driven C6 ZR1...along with rare C1 and C2 examples. The Long Distance Award this year went to a Corvette from South Dakota!

Some of our friends from the Free State Corvette Club also attended, bringing a bit of home 6 hours away. They took home the Club Attendance Award with a total of 17 Corvettes brought. If you are looking for an inexpensive beach weekend away with a lot of fun and Corvettes, then this show should be on your calendar next year!



16TH ANNUAL SPOOKTACULAR

OCTOBER 3-4, 2009 7AM-5PM

JEFFERSON CIRCUIT - SUMMIT POINT RACEWAY, WV

RAIN OR SHINE-OPEN TO ALL MARQUES



REGISTER NOW! Online registration and PayPal payment available at www.nvcorvetteclub.com

Event **MUST** be full by **9/31/09** or it will be canceled. In the event of a cancellation, your entry fee will be fully refunded.

QUESTIONS? Email them to spooktacular@nvcorvetteclub.com

Spooktacular is a HIGH SPEED autocross, limited to the first 35 drivers. 7 events each day, 2 runs per event. Run clockwise on Sat and counter-clockwise on Sun. The first 7 runs count toward the first round of autox 1-7, runs 8-14 count as the second round of autox 1-7. Each day, in lieu of a parade lap, there will be 20-minute HPDE lapping sessions for Groups 1, 2 and 3. Ladies have their choice of run groups. Passing is restricted to the front and back straight, as well as the straight between T4/5, after a point by from the car being passed. The car performing the pass is required to make a safe pass. One point-by required for each passing car. Two-driver cars can move the second driver into a different run group to get the full 20 minutes of HPDE lapping. HPDE drivers will share the track with autocross drivers for the HPDE portion.

Each morning HPDE session is open to 5 additional drivers not participating in the autocrossing. HPDE-ONLY drivers will be spread out within the 3 run groups based on driver experience. NCCC high-speed licenses are required for autocrossing and HPDEs. Non-NCCC drivers must provide satisfactory proof of high speed driving skills to event chair in order to participate. Long pants, long sleeved shirt, closed toe shoes, and helmets SA 2000 or newer are required (fire suits required in Group 3). Vehicles must be equipped with a mounted fire extinguisher (5 BC). Convertibles must be equipped with a roll bar - see NCCC rule book for complete details (required in Group 3).

(please check ONE)

- Cost for Sat & Sun: 14 autox's and two 20 minute HPDE sessions - \$325/driver
- Cost for Sat OR Sun: 7 autox's and one 20 minute HPDE session - \$175/driver
- Cost for Sat & Sun: Two 20 minute HPDE sessions, (1 each day, no autox) - \$100/driver

Name _____ NCCC# _____

Address _____ Email _____

Phone (H) _____ (W) _____ (M) _____

Car Class _____ Car Info _____

Track Experience _____

Make checks payable to NVCC and mail with this form to: NVCC, PO Box 3458, McLean VA 22103.

20th Annual All Corvette Cruise-in

By Laurie Kistner & Pics from Old Dominion Corvette Club

Saturday, August 8th, 2009 was the 20th Annual All Corvette Cruise-in at the Best Buy parking lot in Manassas. Over 200 Corvettes total were in attendance and just a few drops of rain grazed the parking lot. About a dozen or so NVCC Corvetters arrived together a bit earlier in the afternoon to secure parking as a group. Once we accomplished that, we headed over to Olive Garden to avoid roasting on hot asphalt until the show started and grabbed a light meal in much-welcomed air conditioning. Afterward, we took in the sights and sounds of all the Corvettes around us. Spectacular! Thanks to all NVCCers who supported the event - hope to do this again next year!



5th Not-So-Annual George Washington Rallye

By Alice S. Arielly & Jack Hufnagle, Rallyemasters



Sunday, July 12th dawned sunny and warm and we knew it would be a good Rallye day! The adventurous started gathering at Mount Vernon bright and early for coffee, donuts and fellowship. Overall, we had 5 rallye cars that toured the Mount Vernon area, stopped in at Woodlawn plantation, enjoyed some free zones down the road that Samuel Morse invented, and ended up at Lucky's Sports Theatre and Grill for a delicious lunch afterwards. The top three finishers even got Mount Vernon-themed prizes!

Congratulations to:

- 1st Place Cassidy & Nicole Nolen
- 2nd Place Rich & Rita Mars
- 3rd Place John Palmgren & Kara Bennis
- 4th Place John & Joyce Kraemer
(who drove up from Richmond – again!!!)
- 5th Place Jerry & Irene Lelansky



We also ran a Poker Rallye, and the pot was split between John Palmgren & Kara Bennis (high hand) and Rich & Rita Mars (low hand).

Thanks to everyone that came out to run the rallye, as well as to Fred Locks & Lane and our own Prez, Stewart Fox, for coming out to join us for lunch!



CORPULENCE AND CORVETTES

By Dana Gramling

The human body is like a Corvette.....LET IT RUN ON ITS OWN and it may move, but will always end up slowing down to a point where it barely chugs around. Hopefully, the owner will figure out something is wrong, and get it to the repair shop or the gym!

Well, how about doing something about your body? It doesn't think anymore than your car thinks! They are both governed by your brain! They are both dumb and will respond to your input.....good or bad! You tell your body what to do, not the other way around. Your car doesn't like junky, dirty engine oil or brake fluid, and your body doesn't like junky food! One gunks up your car and the other gunks up your body.

It's good input to your corvette and good input to your body! Fat, grease, carbonated drinks, sugar, and white stuff (except cauliflower) are gunkn' you up! There are a lot of pot bellies out there! They don't look good in a corvette!

The Olympic Sports Nutrition Council research shows that the human body responds best to high quality protein such as chicken, fish, egg whites and lean red meat. Add in natural fiber such as raw vegetables and fruit, and the timed release of natural sugars is released into your blood for constant energy. Therefore it's better to eat small frequent meals rather than just three large meals. This keeps your metabolism up and your weight down! To add to that, since your physical energy is at a high level, so is your mental acuity and so are your motor skills that all adds up to a better driver.

When at the track, all the junk stored in the trunk is emptied out of the car. Less weight means better performance. This goes for the driver too! Get rid of those love handles and protruding stomachs and you too will perform better...no matter what you do! Your waistline should be smaller than your hips! All that fat around your middle hinders all the functions of your organs and can lead to serious consequences as you all know.

You ain't gonna like what comes next, but for most people, this means at least 90 minutes of cardio at least 4 times a week. Sorry, but that is the only way to burn off fat! If people in their 60s can do it for 3 to 4 hours a day on the biggest loser, you certainly can do it for an hour and a half. Everyone gripes that they don't have time, but you will have plenty of time lying in a hospital bed after a heart attack, stroke, diabetes or other medical horrors.

Some suggestions that really work: the cross trainer is ideal for burning fat and building endurance for those muscles that get you though the esses at the track or even a country road. Second best is the rowing machine which incidentally works those abs also. You must remember to keep your back straight! Third best would be running, provided you have proper shoes to prevent that impact from damaging your joints.

All the sit ups and crunches in the world won't carve out that gut like 90 minutes...yes 90 minutes of cardio at least 4 times a week as mentioned earlier! Doing 20 or 30 minutes won't do too much since you are still in the carbohydrate burning mode, and you don't start burning fat until around 40 minutes into your cardio routine. Sorry guys, but physics is physics, whether you are driving or trying to lose inches.

You can also increase your endurance and smoothness in high speed turns with push ups, not the sissy kind, but the real way where your chest hits the floor and your elbows straighten completely on the way up supporting your whole body. Do not sag in the middle! How about some squats? They will improve your sense of balance, so important in good driving and will strengthen your leg muscles. Of course this will make your footwork easier while driving.

Get moving everyone...make it a point to improve your health and look good too. After all, corvette drivers should be slim and trim. You want to be as sleek and well tuned as your car!

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Note: The author is an ACE certified (American Council on Exercise) 3 years as master trainer, rehab specialist, senior personal trainer at the Watergate and Fairmont hotels.



IMA Motorsport Inc.
25354 Pleasant Valley Road, Ste 155
Chantilly, VA 20152

We fix what others can't, so why not come here first?

Call for an appointment at 703-327-9858



North to Alaska

Club member Chris Stim journeyed to Alaska and back in his C5 this past July. To read his trip report and for a link to more photos, go to <http://forums.corvetteforum.com/c5-general/2405393-road-trip-report-virginia-to-alaska-and-back.html#post1571200076>



Alaska-US/Canada border just north of Skagway, AK



Ambassador Corner

By Donald Patrick

AUGUST 2009: CURRENT NEWS and ACTIVITIES

From Corvette Blogger.com:

GM: Next-Generation Corvette C7 Expected in 2012 as 2013 Model

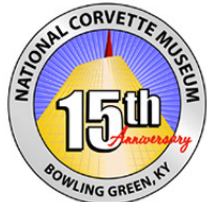
In a move to shore up public confidence following its stint in bankruptcy court, General Motors on Tuesday unveiled its 2-year product plan for the four core brands: Chevrolet, Cadillac, Buick and GM. Included in the Chevrolet news is that production of the C7 Corvette will start in April 2012 for the 2013 model year. GM also added that the Corvette will maintain the front-engine layout that has defined the sports car for 57 years.

This is great news as earlier estimates had pushed back the C7 through 2014. This also means that the Corvette Team will now have the resources and the corporate edict to move full speed ahead on a new design that could see changes to America's sports car that include a smaller, lighter body, greater use of advanced weight-saving materials like carbon fiber, aluminum and magnesium and perhaps a smaller engine but one that will still provide the power-to-weight ratio that Corvette owners have become accustomed to. Superchargers for everyone?

At the Birthday Bash earlier this year, Corvette Chief Engineer Tadge Juechter reassured the enthusiast gathering that the team is always thinking about the next generation Corvette and how to make it better. Now that the mid-engine layout has once again been tossed aside, Tadge's engineering team will have essentially just a couple of years to make these engineering decisions and test them in mules which we could see as early as 2011.

As for the actual design of the car, prior this summer we believed the new C7 will again be more of a transition of the C6 body style. However, the public and Corvette enthusiasts were immediately smitten with the Transformer's Corvette Stingray Concept introduced earlier this year at the Chicago Auto Show. Perhaps the design team will see that owners would accept more of a radical departure from the looks of the C5/C6.

Got Your Gear for Caravan and the 15th Anniversary?:



The countdown until Caravan is on! Corvettes will be rolling to Bowling Green from all 50 states and overseas! Got gear? The Corvette Store has apparel and collectibles for both the Caravan and 15th Anniversary Celebration. Order now to receive your items in time for the events! Enjoy shopping online at: <http://store.corvettemuseum.org> or by calling (800) 53-VETTE (83883).

Not a NCM member? **Join today** for only \$50 per year and take advantage of member savings!

Corvette Racing Scores Podium Finish



Johnny O'Connell and Jan Magnussen scored their second podium finish in the second American Le Mans race for Corvette Racing's new GT2 cars. In this exciting battle against Ferrari, Porsche, Viper, and Ford, the #3 Corvette came in just behind the BMWs to take 3rd place at Road America on August 16th. The #4 Corvette came in 6th after making an unscheduled pit stop to replace a door damaged by another car. Congratulations Corvette Racing!

The Museum's new displays are getting their final touches and we need YOUR help! A new section focusing on Corvette Enthusiasts is being installed between where our crash test car is and the Skydome. This area features people like you, fans of the Corvette. We are in need of the following items:

- Videos of auto cross, drag racing, HPDEs, and time trials...you having fun in your car. Could include videos from inside your Corvette.
- Video of Corvette fanatic garages: Not only showing off your garage, but telling us about it sort of like an editorial story.
- Testimonial type video about how you have changed your lifestyle or something about your life to focus on the Corvette.
- Photos of winners at club car shows
- Cool license plates

Build Sheets and Window Stickers Available:

What's a visit to the National Corvette Museum without a stop in our 50's themed diner, the Corvette Café? The Café has added several new items since first opening, including buffalo chicken wraps, buffalo chicken salad, scones (blueberry, apple cinnamon and white chocolate raspberry) and calypso fruit salad. In addition, soups of the day, special desserts and, of course, always changing Chaney's Ice Cream flavors round out the menu. Next time you're in town, pop up to the counter, place your order and enjoy the fresh, made-to-order meals!

All American Street Rods Summer Bash Car Show

By John Palmgren

From the club, Don, Dana, and myself were there as entrants. Glen Hoyer and his significant other Claire, and Bruce Witkowski also showed up to look around and lend moral support.



Northern Virginia Corvette Club

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Newsletter News ...

It has again been a busy month. My main regret is not being able to join the club members at all of the great and varied events held during what is normally called the dog days of summer.

Yes ZR1 Patty's car made the cover again....but this time I snuck in a few of my own. I guess it is time to order more blue toner. Yes I know all vettes are supposed to be red, but there are a lot of us that are just true blue folks.

Thank you to everyone for helping to make the NVCC newsletter one of the best in quality and variety of any club's out there. Please continue to send me whatever you have in the way of a "vette moment."



Rich Anderson

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Next General Business Meetings:

Tuesday, Aug 25th at 7:30 pm

Tuesday, Sep 22nd at 7:30pm

**Koons Chevrolet
2000 Chain Bridge Road
Tysons Corner, VA**